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VERISAN

Regd.

MEDICAL GUIDE

AND YEAR BOOK

Taylors

BRITISH CHEMISTS

5, Headingley Lane,
HYDE PARK,
Leeds, 6

Telephone 52219

Taylors Drug Co. Ltd.

1935

Hang up in a safe place for easy reference

No cough ever resists LOBELLINE

Purely Herbal

Lobelline is entirely free from injurious drugs and made solely from pure, lung-healing herbs. Its action is soothing and healing.

Safe for Children

Because it is so pure and harmless, Lobelline is the ideal cough mixture for the kiddies. It tastes good, too, so they all take it eagerly.

Also in Lozenge Form

Lobelline Lozenges are handy to carry with you, to take one and ease your throat when a dose of liquid would be out of the question.

WHAT USERS SAY :

"No breathing difficulty now."—R.E.B. (*Birm.*)

"Effected a complete cure."—D.W. (*Loug'b'h*)

"The only remedy that has done my wife and child any good."
—R.B. (*York*)

"The phlegm was loosened, the coughing ended and the strain on my nervous system was relieved."
—F.V.J. (*Twyford*)

No cough *can* resist Lobelline. Think what happens when you get a cough and you will see why. First there is a slight "catch" in the throat and you try to "clear" it. Back it comes and you have to cough harder. Each new bout gives the infection a deeper hold, and spreads germs that may attack others. Lobelline prevents this. It gets to grips at once with the invading microbes, but it does much more. It instantly soothes away that turbulent pressure that *makes* you cough. It makes throat 'comfortable' and settles your chest so that it's not very long before it has completely dispelled what might have been a very nasty cough.

SOOTHES AND STRENGTHENS THE CHEST & LUNGS

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MEDICAL VERISAN 1935 GUIDE AND YEAR BOOK

Foreword

This year, three quarters of a Million copies of the 'Verisan' Medical Guide and Year Book are being issued—or three times as many as in 1930! The reason is not far to seek. Readers soon discover that the advice it gives is sound, sensible and *reliable*, and they make sure of obtaining a copy the following year.

Nobody knows when an emergency will arise, so it is wise to hang the booklet up where it can easily be referred to. If you are left in any doubt as to the nature of your symptoms, it is advisable to waste no time in sending for the doctor.

An important date to bear in mind is February 25th, when entries close for our easy Cash Prize Competition described on pages 32 and 33. Be sure and enter for this.

SOME OF THE CONTENTS

Medical Guide Even pages 2 to 28, etc.
Competition Details pages 32 and 33
Invalid Cookery pages 36 and 37
Stains and their removal pages 46 and 47
Meanings of Names page 43
Sport pages 60 and 61
Full Index on Inside Back Cover

Watch your step!
MAKE IT EASY WITH
KILLCORN Regd.
NEVER KNOWN TO FAIL

Bottles 1/-

22502725879

ABRASION.—Broken skin frequently results in septic poisoning, wounds or sores. The exposed part should be immediately treated with Iodine Paint. Apply Kutisol Ointment, when new skin will rapidly form.

ABSCESSES.—Swellings of the skin in which unhealthy matter has accumulated. Usually due to the invasion of certain germs. Very hot linseed or boracic poultice should be used to bring the abscess to a head, after which it should be bathed in hot water to which a little Verisan Lysol has been added. Cover with a piece of lint smeared with Kutisol Ointment and bandage carefully. In severe or frequent cases medical attention is essential.
Abscesses are usually a sign of weak health. To restore activity to poor blood commence taking Kutisol Blood Purifier. A good tonic such as Mason's Syrup of Hypophosphites is also to be recommended. See also "Boils."

ACIDITY.—A form of indigestion in which sour wind or fluid rises from the stomach into the mouth, usually an hour or two after meals. One or two Heart-shape Indigestion Tablets eaten as a sweet after meals will effectively remove acidity, and attention should be paid to the diet. Alcohol, coffee, sugar and starchy foods are to be avoided.

ADDISON'S DISEASE.—A wasting disease accompanied by peculiar bronzing of the skin. Cod Liver Oil or Maltogen is of value, but the aid of a doctor should be sought.

ADENOIDS. — An enlargement of tissues at the junction of the throat and nose, usually causing the sufferer to breathe through the mouth. A surgical operation is generally necessary and this should not be delayed, as adenoids often have very serious consequences, especially in children.

AGUE.—See Malaria.

ANÆMIA, or Bloodlessness.—A very common complaint to-day, especially amongst growing girls. Plenty of fresh air, adequate exercise and careful attention to diet are essential. New laid eggs (poached or boiled), fresh milk, lean beef, fruit and vegetables

See details of entirely NEW competition on pages 32 and 33

EARLY AIR PIONEER " FLAPS HIS WINGS "

In 1678 a Frenchman, Besnier, is supposed to have " taken-off " from a garret window, soared over a neighbouring roof, and landed safely in the street below. His legs operated the hinge-like flaps.

CALENDAR FOR THE MONTH . . . . . *JANUARY*

T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th
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If you were born in JANUARY

Those born between 21st December and 20th January are usually found to be forceful, ambitious, and fond of liberty to the extent that they chafe under all forms of restraint. They are frequently " blunt " in their manner, and inclined to be misunderstood by casual acquaintances ; yet, to their intimate friends, they are known to be good-natured, sympathetic and generous.

They possess good business ability, being most in their element when organising on a vast scale. Thus they are frequently found in Civil Service or Government appointments.

Usually they have a slow laborious rise, and achieve their goal only after determined effort.

Self-willed and independent, they dislike interference in anything they have undertaken ; and have a tendency, if not checked, to " throw in the sponge " if things are not going just as they would wish.

In a discussion, they will frequently be found to take an opposing view—even against their considered opinion—merely for the sake of an argument.

For all this, they are good company, having a pleasant wit, and a penetrating intellect.

They are usually best matched with those born in September or May.

should be included in the patient's food, and a good tonic, such as Mason's Syrup of Hypophosphites is beneficial. Eminent physicians are of the opinion that one of the most frequent causes of anæmia is constipation. Regular action of the bowels must be assured by means of a suitable laxative such as Chocoloids or Senna Laxatives taken according to directions.

ANGINA PECTORIS. — A condition in which sudden, agonising pains attack the heart, usually as a result of over-exertion or excitement. Nitrite of Amyl is usually administered. Sudden exertion should be avoided and any trace of constipation dispelled by means of Chocoloids.

ANTHRAX.—A dread skin disease, now extremely rare.

APOPLEXY (Stroke). — A seizure usually caused by the bursting of a blood vessel in the brain, with serious consequences. Send for a doctor immediately. In the meantime loosen all clothing and establish complete quiet. Keep the head cold by means of an ice-bag, and the feet warm by means of a hot water bottle.

APPENDICITIS. — Inflammation of a part of the intestines, usually to be cured only by means of an operation. Avoidance of Appendicitis is ensured by keeping the bowels well regulated, and for this purpose Chocoloids are to be recommended.

ARTHRITIS.—Often called "Poor Man's Gout." A painful condition in which hard nodules often appear at the joints. A rich and full diet is to be recommended, in which Maltogen is included. Local application of Electric Liniment gives instant relief, especially if Electric Tablets are taken internally at the same time.

ASTHMA. — A distressing affection of the bronchial tubes characterised by extreme difficulty in breathing. Troublesome spasms may be relieved by inhaling the fumes of burning blotting-paper previously saturated with a solution of nitre. For treatment of the complaint itself, Gee's Lobelline is generally found most successful. Add two teaspoonfuls of Gee's Lobelline to half a glass of hot water and sip slowly.

MISSING WORDS ! First Prize £10 in easy competition. Page 32

GLIDING IMITATES BIRD FLIGHT

Gliders soar, like birds, by breasting upwards air currents. Lilienthal, German pioneer of gliding, met with his earliest success in 1891, rising 45 feet in the primitive machine illustrated, after repeated failures.

CALENDAR FOR THE MONTH . . . . . *FEBRUARY*

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If you were born in FEBRUARY

Those born between 21st January and 20th February show a curious mixture of characteristics and are therefore rather hard to understand. Their qualities seem to be, at first, strangely varied and to clash with one another instead of being harmoniously blended. With development, however, there usually comes a mustering of these powers, as a result of which they are directed to some extreme of character. Therefore, we frequently find two entirely distinct types born within this period: the one inclined to be suspicious, mean and selfish; the other just as determinedly seeking and (discovering) the best in people and things. Both types will, however, almost invariably be found to be genuinely concerned for the welfare of their near friends and relations.

February people do not make friends easily: they are very violent in their likes and dislikes, and make the fact readily apparent, with the result that they often lead rather lonely lives.

They are very emotional, yet frequently undemonstrative.

They are usually best matched with those born in June or October.

BACKACHE.—Backache due to kidney trouble is speedily dispelled by Harden-Griffiths Buchu-Juniper Pills. For muscular strain and rheumatic pains alleviation is obtained by the application of Electric Liniment to the affected parts.

BALDNESS.—Apply Jaborandi Hair Tonic night and morning, rubbing well into the scalp with the tips of the fingers.

BEE STINGS.—Extract the sting with tweezers and apply bicarbonate of soda.

BILIOUSNESS. — Persons subject to this complaint should pay particular attention to the diet. A daily dose of Doctor Allen's Health Salt is a wonderful corrective. Avoid rich or fatty foods and take care that there is no constipation.

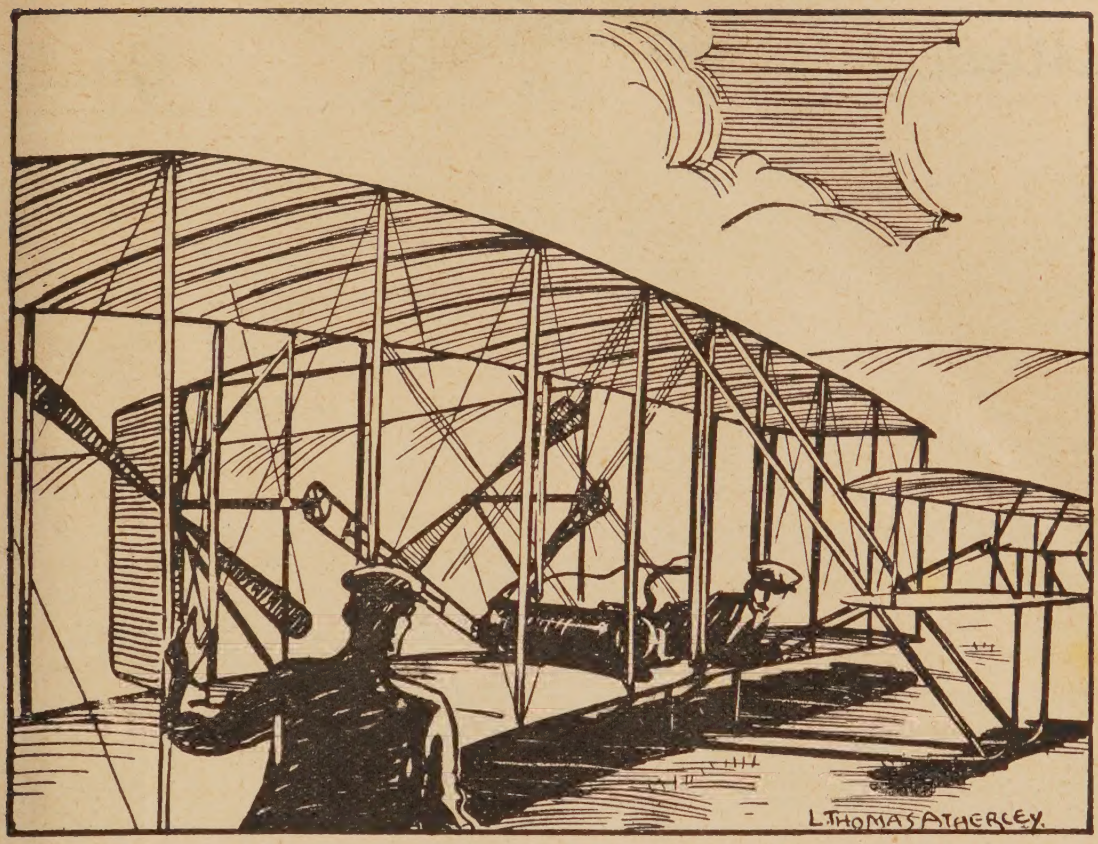
BLEEDING.—For small cuts (as from shaving, etc.) Styptic Pencils may be obtained which effectively stop bleeding. Bleeding in spurts indicates the severing of an artery. It should be arrested by bandaging as tightly as possible between the injury and the heart, at a suitable point near the wound. The injured person should be taken at once to a doctor or hospital. Bleeding from a vein occurs in a continuous stream and should be stopped without delay.

BLOOD PRESSURE. — In middle life, the walls of the arteries undergo a hardening which narrows the channels and thereby increases blood pressure. A course of Chlorophyll Tablets restores elasticity and rejuvenates the blood.

BOILS.—Special elastic Boil Dressings are now made which do away with the old unsightly coverings, and, at the same time, with the painfulness of the ordinary plaster. Apply an 'Elastoplast' Boil Dressing and, if necessary, renew each day.

BRONCHITIS. — Inflammation of the breathing passages, resulting in wheezy breath, harsh cough and phlegm, accompanied by chest pains and feverishness. Frequently bronchitis develops from a common cold, which should never, therefore, be neglected. Inhaling Friar's Balsam in steam from a jug of hot water gives great relief, whilst rub-

Over 100 Prizes in Missing Words Competition. Page 32.



ONLY 32 YEARS SINCE FIRST AEROPLANE

Not till 1903 was a power-driven aeroplane successful. In that year the brothers Wright (U.S.A.) made a flight that vindicated theories detailed with astonishing accuracy almost a century earlier by an Englishman, Cayley.

CALENDAR FOR THE MONTH . . . . . *MARCH*

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If you were born in MARCH

Those born between 21st February and 21st March are usually found to be sympathetic, kind and considerate, particularly to dumb animals, children or the weak and defenceless. This protective attitude towards the helpless and down-trodden so colours their outlook that it often becomes transferred to themselves : haunted by the fear of poverty, they will strive with all their energy to acquire wealth and power, lest they themselves should become numbered among the oppressed. Sometimes they go to extreme lengths to attain their object, but always on the principle that the end justifies the means. If they do wrong, it is generally from a mistaken motive rather than from any desire to injure.

They are keen workers when they can see a definite purpose in their work, but cannot settle down to mere routine. Often highly philosophical or religious, they genuinely seek to do good in the world. And, even in their rash moments, they are safely restrained by the iron hand of their own conscience.

They are usually best matched with those born in July, but find much in common with those born in November.

bing the chest with Mason's Embrocation prior to applying Therm Wool proves very beneficial. For speedy relief and cure the soundest advice is to take Gee's Lobelline, the Great Lung Healer.

BRUISES.—Apply Tincture of Arnica or bathe with Surgical Spirit and water.

BUNIONS. — Painful swellings at the toe - joints, caused generally by faulty footwear. Comfortable shoes should be worn, whatever the fashion, and inflammation relieved by means of hot fomentations. Comfort is often increased by wearing one of the many bunion pads obtainable to-day.

BURNS AND SCALDS.—The great thing is to exclude air from the affected part, and the treatment therefore varies with the materials at hand. Carron oil is the best-known application, but picric acid lotion, if available, is probably more effective. When healing has commenced, Kutisol Ointment, applied freely, promotes more rapid recovery.

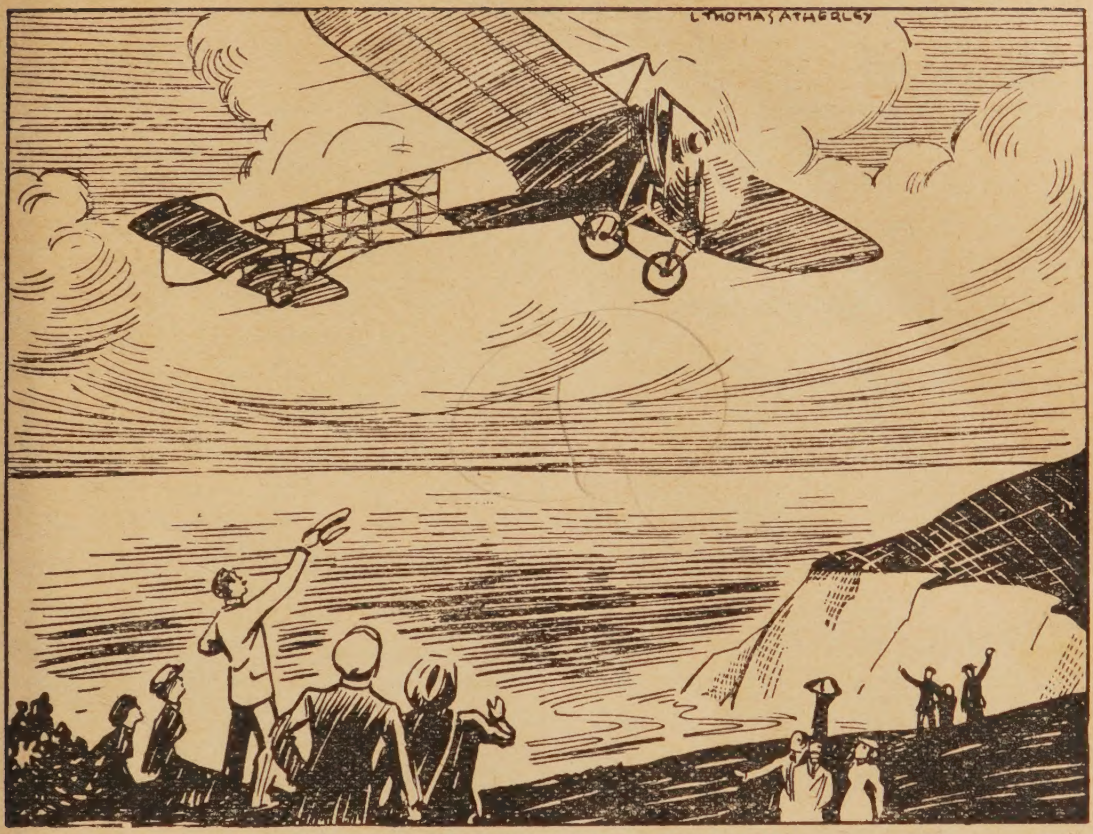
BURSITIS (Housemaid's Knee).—An inflamed condition of the caps over the knee and other joints. The affected joints should be painted with Iodine Paint one day and liberally smeared with vaseline the next, until the inflammation goes. An "adaptable" bandage—such as Elastoplast—upon the joint and for some distance above and below, will afford the necessary support to the weakened joint.

CANCER.—Certain cases of Cancer are curable if taken early enough. Any unaccountable swelling or tumour on the body should be brought to the notice of your medical adviser.

CATARRH. — Inflammation of mucous membrane. Sufferers from Catarrh of the nose will find in Efedrex instant relief. Efedrex jelly, which contains the active principle of a newly-introduced Chinese plant, has a remarkable effect on the inflammation and stops the discharge immediately. Other forms should be treated as stated under Bronchitis, etc.

CHAFING OF THE SKIN.—Apt to occur in babies where moist folds of skin come together. Wash, dry and sprinkle with Verisan Dusting Powder. Where chafing is

Can you win £10 for supplying six missing words ? Page 32.



FIRST ACROSS THE CHANNEL

A Frenchman, Bleriot, accomplished the first Channel flight on July 25th, 1909, to win "Daily Mail" £1,000 prize. Regular London to Paris aeroplane services take the Channel "in their stride" to-day.

CALENDAR FOR THE MONTH . . . . . *APRIL*

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If you were born in APRIL

Those born between 22nd March and 21st April are usually very ambitious, determined and iron-willed. They possess a violent, combative spirit which may express itself either as forceful ambition and strong determination on the one hand, or else as a dogged obstinacy and violent opposition on the other. They are often inclined to mistake the latter for a virtuous tenacity of purpose.

They make good soldiers and fighting-men, as well as good leaders in business or affairs, provided they can conduct matters in their own way without interference or direction. Yet they are rarely able themselves to execute the great schemes they have conceived, and almost invariably leave it to steady, plodding workers to carry out the plans they have prepared. They are impatient, though not necessarily irritable, and dislike being thwarted, even in little things. When opposed or corrected they will frequently be found to be overbearing and discourteous. This, however, is only in the heat of the moment, and they quickly regret their impetuosity when sanity returns.

They are best matched with those born in August and December.

persistent, or the powder insufficient, resort should be had to Zinc and Castor Oil Cream, which is most healing and beneficial.

Chafing of the feet is common to-day among hikers, and it is invariably a wise precaution to sprinkle Antiseptic Foot Powder into one's socks or stockings before putting them on.

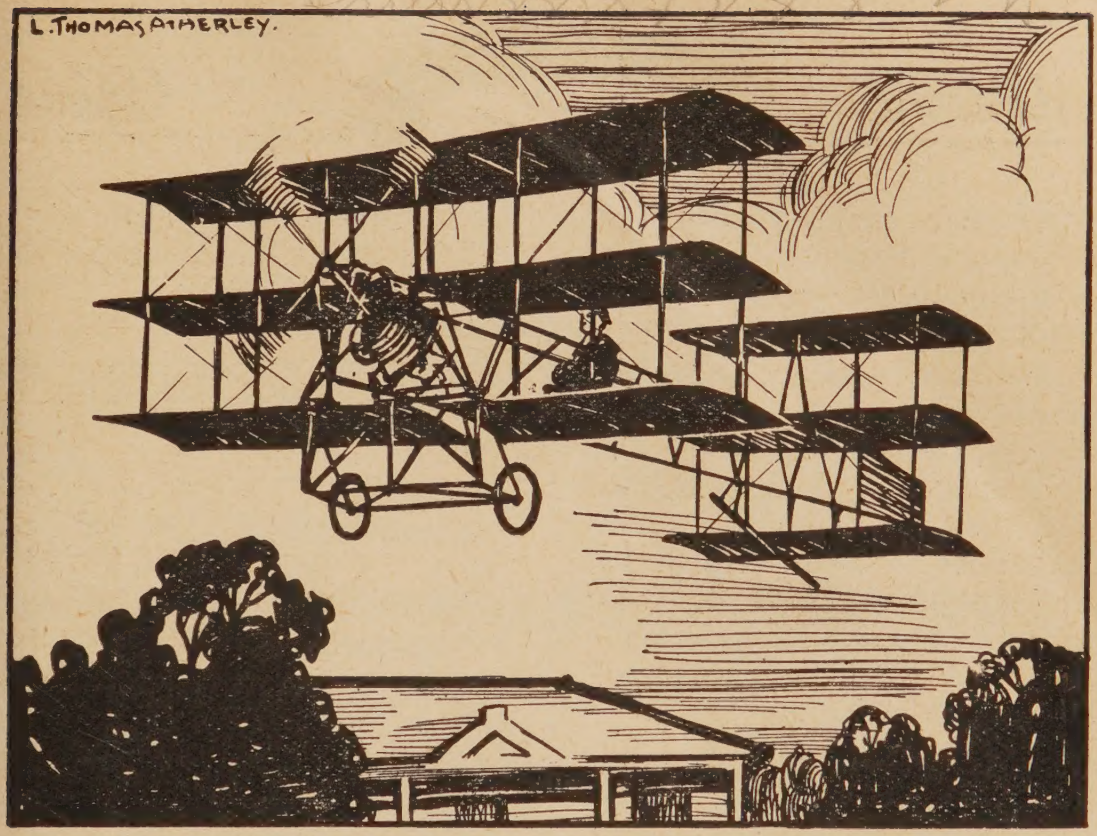
CHAPPED HANDS.—Caused not only by incomplete drying of the hands in cold, windy weather, but also by inferior soaps which have a caustic effect. Kutisol Soap can be relied upon not to produce chapping, but when it has already occurred, massage Kutisol Ointment well into the cracks of the skin, or apply 'Diadem' Jelly. This relieves soreness and discomfort.

CHICKEN - POX. — An infectious disease common in childhood. The skin becomes covered with numerous small blisters. Isolation is necessary and the doctor should be called in. To prevent scratching, cover the more troublesome blisters with a small piece of Elastoplast.

CHILBLAINS. — Everyone is familiar with the painful condition known as chilblains. The cause is faulty circulation of the blood, but the cure is not always easy. Recently a new treatment has been introduced which has been found most effective. The Verisan or Medacaid Dual Treatment goes to the root of the problem by tackling the chilblains both inside and out. The tablets rectify the condition of the blood; the liniment affords immediate relief.

COLDS.—Many thousands of people die every year from neglected colds, which would in nearly every case have responded to treatment.

Even slight colds should be at once attended to. Let Gee's Lobelline be your stand-by. This fine remedy contains precious lung-healing herbs that make it a positive preventive of coughs and colds and a certain remedy for all chest and lung complaints. Thousands of men and women owe their lives to Lobelline, which possesses lung-preserving properties not contained in any other preparation. This sterling remedy is just as good and safe for kiddies as for adults, and wise mothers make a point of giving their



TINY ENGINE DRAWS EARLY "TRY" PLANE

While experts to-day find no advantage in three wings, this triplane, built in 1909 by A. V. Roe, flew successfully with an engine of only nine horse-power, using new "puller" type of propeller (now universal).

CALENDAR FOR THE MONTH . . . . . *MAY*

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If you were born in MAY

Those born between 21st April and 21st May are usually rather quiet and reserved in manner, and precise and orthodox in their outlook. They hold very definite views upon life and things in general, and no amount of argument will shake their conviction once they have formed an opinion. They are very resolute and determined, and possess great powers of concentration and endurance, so that difficulties and obstacles are rarely capable of defeating them. This determination not to be beaten is so strong that they will often be found wrestling for days with a purposeless problem (such as a cross-word) rather than admit failure. They are rather easily deceived, because they are so frank and honest themselves that they do not look for deceit in others. Women born within this period make devoted mothers and economical housewives; whilst men excel in those professions where a steady, painstaking ability is needed and where they are surrounded by definite order and system. Any sudden change or upheaval is calculated to unsettle them for months.

They are usually best matched with those born in September or January.

children a dose on raw, cold mornings, because Lobelline is a lung preserver as well as healer.

Cold-in-the-head accompanied by feverishness and catarrh should be treated by means of Antigrippe, which dispels the fever and cures the cold. Relief may be obtained by applying Efedrex or by rubbing the chest with Q.V.R.O. (Quick Vaporising Rubbing Ointment).

COLIC. — Abdominal pains due to intestinal trouble. Relief often results from taking three drops of Oil of Peppermint on a lump of sugar.

CONSTIPATION. — Incomplete expulsion of the body's waste matter is one of the most widespread evils of present-day life and is often the root cause of much more serious complaints. Regular, normal action is essential to health. Delay and neglect are dangerous. The one sure cure is Chocoloids, which act naturally, without griping or discomfort. These dainty chocolate-coated tablets are without equal for effectiveness.

As an alternative, the use of Senna Laxatives may be confidently recommended for both children and adults. Each " sweet " contains the equivalent of six senna pods in a most convenient and pleasant form.

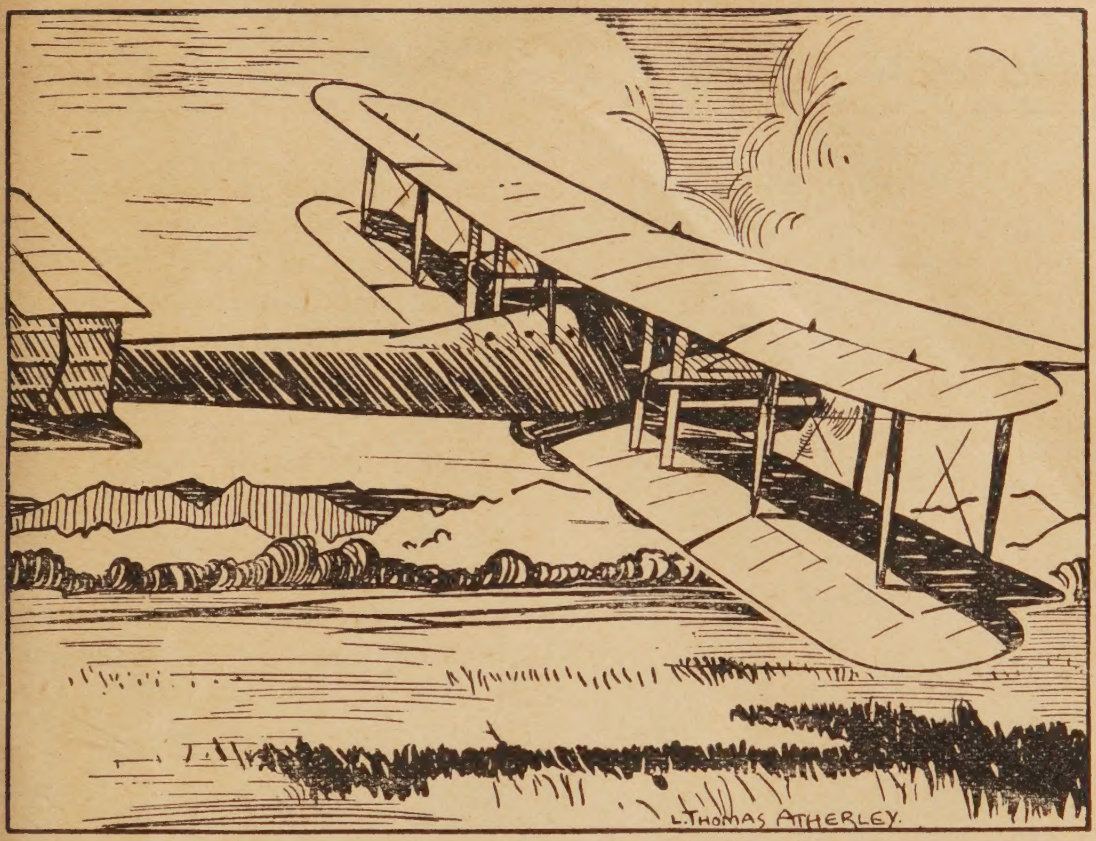
CONSUMPTION. — Only natural measures, such as fresh air and sunlight, can effect any improvement. Strengthening foods, such as Maltogen, are very necessary.

CORNS.—Bathe the feet in warm water, dry and apply Killcorn. Applied according to the directions, Killcorn never fails to remove corn and root painlessly after a few applications.

COUGHS.—Coughs are invariably due to some defect in the breathing apparatus. That is why Lobelline, which contains valuable lung-preserving herbs, is so valuable. Lobelline removes the phlegm and restores and *protects* the cough-shaken lungs. It is the great *lung-healer*. Keep it ready to ward off coughs at the very start.

CRAMP.—Usually to be ended by stretching or rubbing the affected part.

3 Cash Prizes and over 100 Consolation Prizes in our Competition.



FIRST ATLANTIC FLIGHT ALMOST A TRAGEDY

The first Atlantic aeroplane flight was made from Newfoundland on June 14/15th, 1919, by two British airmen, Alcock and Brown. At Clifden, Ireland, their machine buried its nose in what proved boggy ground.

CALENDAR FOR THE MONTH . . . . . *JUNE*

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If you were born in JUNE

Those born between 22nd May and 20th June are almost invariably possessed of good intellect and very keen mental powers, so that they have a natural bent towards all intellectual pursuits, science, literature, etc. They develop a taste for reading early in life, and are never really happy unless they have a book somewhere handy. But they are restless and, even in their reading, will frequently drop one book before it is finished, in order to take up another. Or else they will discover a keen delight in just "dipping" into books here and there at random.

In their studies they frequently lack definite purpose and cannot sustain enthusiasm in any course of study sufficiently long to carry them to a complete mastery: they want to chop and change about as the mood takes them, and to read for mental recreation rather than for a definite object.

June people are usually somewhat irresolute: they find it difficult to make up their minds. Once their decision is made, however, they are capable of carrying almost anything to success.

They are best matched with those born in October or February.

CROUP.—An inflammatory condition of the windpipe that causes severe spasms of coughing. Children are the usual sufferers and should be given a teaspoonful of Ipecacuanha Wine to cause vomiting. If the spasm does not pass off, the Doctor should be sent for, as there is risk of the complaint in reality being something much more serious.

DANDRUFF.—A scurfy condition due to inflammation of the scalp. The remedy is massage with Jaborandi Hair Tonic, after thoroughly washing the hair.

DEPRESSION.— Depression is usually an indication that the nervous system is run down and that a tonic is needed. A course of Magor's Phosphor Tonic will revitalize and restore nerve-energy, and is very beneficial.

DIARRHŒA.— Excessive discharge from the bowels may cause serious lowering of the general health. The best treatment is Verisan Diarrhœa Mixture.

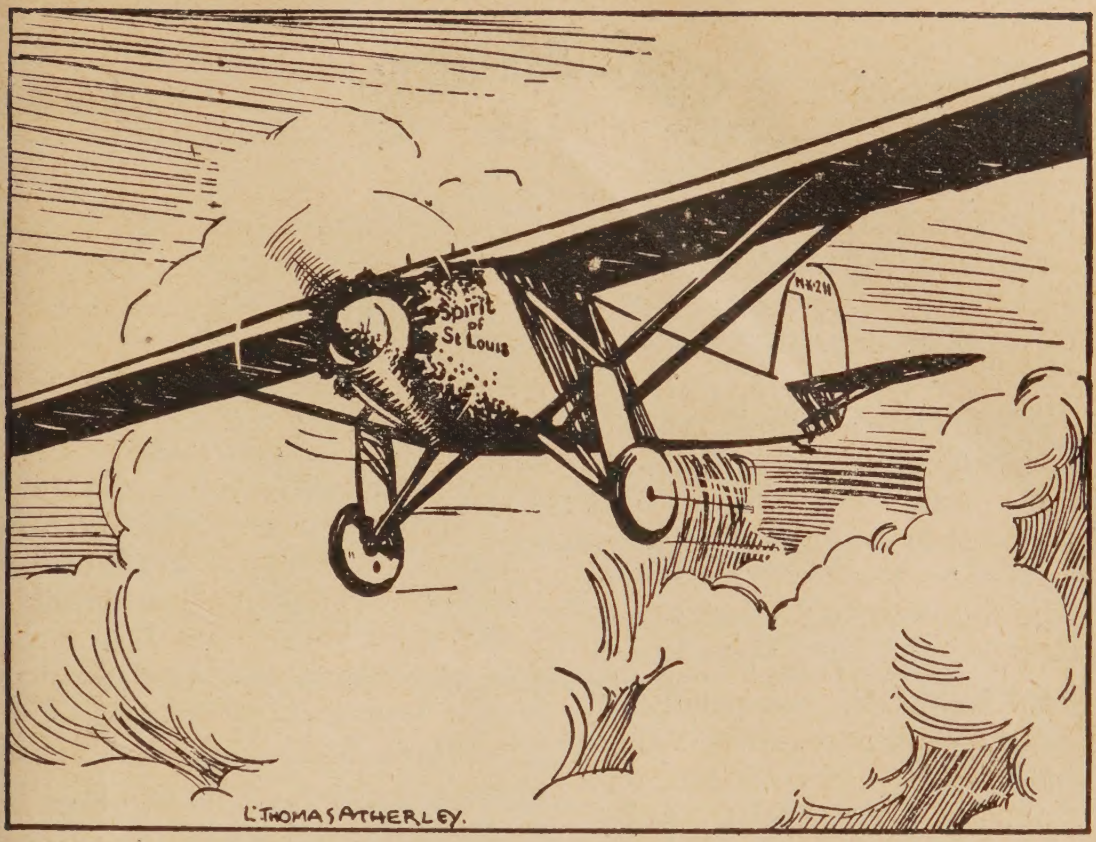
DIPHTHERIA.—Sore throat accompanied by ulcerated patches on the tonsils mark the oncoming of diphtheria, a serious and infectious complaint which requires the immediate attention of a Doctor.

DIZZINESS.—Usually due to gastric disturbance. Care should be taken to prevent this by means of regular doses of Dr. Allen's Health Salt. Particular attention should be paid to the action of the bowels and any constipation remedied by means of Chocoloids.

"DROUGHT THROAT."—This is a type of sore throat which makes its appearance after long spells of hot, dry weather. Untoward consequences are prevented by taking Tonsilitis and Sore Throat Tablets.

DYSPEPSIA.—A form of indigestion which is particularly lowering to the general health. Steps should be taken to remove it by means of Verisan Digestive Powder, a most effective remedy. Regularity in meals is most necessary and starchy foods, pork, etc., should be avoided. This remedy is now obtainable in Tablet form—a convenient form of relief when meals are taken away from home.

What would you do with £10 ? Your solution may win. Page 32.



LINDBERGH FLIES ATLANTIC ALONE

Captain (now Colonel) Charles Lindbergh (U.S.A.) fired the world's imagination in 1927 by flying alone across the Atlantic from New York to Paris—a " hop " of 3,500 miles in 33½ hours, unaided by wireless.

CALENDAR FOR THE MONTH . . . . . *JULY*

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If you were born in JULY

Those born between 21st June and 20th July are usually rather reserved, sensitive and timid. In spite of this, they love to be conspicuous, and will often adopt some unorthodox mode of dress, assume some odd pose or cultivate some strange mannerism in order to make themselves prominent. Although they are too retiring to stand openly in the limelight, they like to be talked about and to attract attention.

They are uncertain and irresolute in their actions, changing their minds constantly. They are never satisfied that a task has been completed, and will frequently ruin an excellent piece of work by trying to improve upon perfection.

They are very droll, and often extremely witty. They have good taste in literature and art, and possess a very subtle intellectual bent that they can put to good use once they have trained themselves to decide upon a course and follow it through to a successful end—and then to let well alone.

They are usually best matched with those born in November or March.

EARACHE.—In most cases earache is relieved by a hot fomentation applied above the ear, or a small mustard plaster behind it.

ECZEMA.—An inflammatory, "itchy" condition of the skin, often associated with some other ailment (which should be treated, if known). Relief is obtained by applying Germotak to the affected part.

ERYSIPELAS.—A notifiable, infectious disease of the skin, characterised by bright red skin-rash and high body-temperature.

EYE (Grit in).—To remove foreign bodies from the eye, roll up a piece of white blotting-paper like a pipe lighter, moisten, and use with care.

EYES (Care of).—Like every other organ, the eyes need to be cleansed frequently, and periodical bathing with Eye Lustrant Lotion—using an eye-bath—will do much to lessen strain, tiredness and soreness.

FAINTING.— Loosen all clothing round the throat, neck and chest. Lay the patient flat, with the head slightly lower than the body, and sprinkle face and hands with cold water. Smelling salts may be used, but avoid giving the patient any liquid to sip until consciousness is fully recovered.

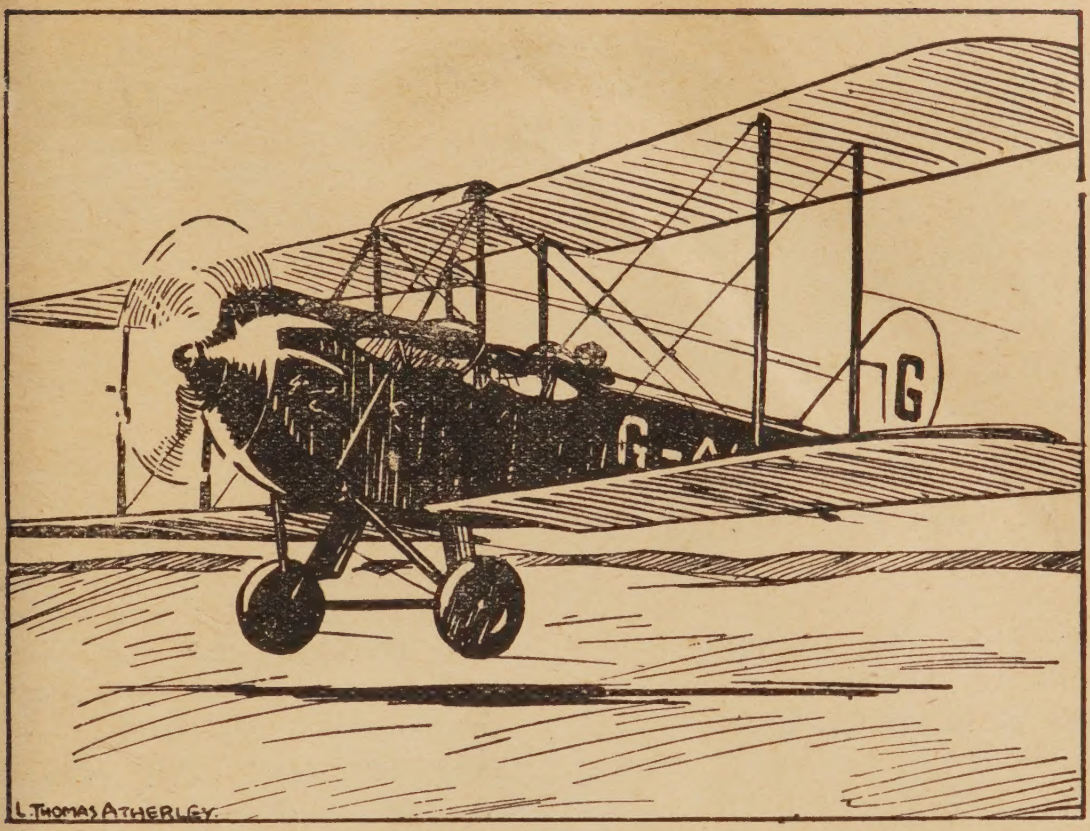
FEVER.—Abnormally high temperature is almost certainly a sign that medical attention is required. It is a wise plan to keep a clinical thermometer in the house, so that the temperature can be taken at the first sign of illness. The normal body temperature is 98.4 degrees (Fahrenheit).

FLATULENCE.— The presence of "wind" in the stomach and intestines is due to imperfect digestion. Certain foods are specially conducive to flatulence and stews, soups, strong tea and starchy foods should be avoided. Relief is obtained by taking Heartshape Indigestion Tablets.

GERMAN MEASLES.—Isolation is necessary and the doctor should be called in.

GOUT.—A painful inflammatory condition of the smaller joints, caused by the failure of the kidneys to eliminate uric acid. A light and simple diet is essential, whilst local relief may be obtained by applying Electric Liniment.

All details of our Prize Competition will be found on Page 32.



WOMAN'S AUSTRALIAN VENTURE SUCCEEDS

Landing in Australia on May 24th, 1930, after a flight lasting nineteen days, Amy Johnson, a Yorkshirewoman, achieved an immense and world-wide fame. Many later feats by women pilots prove women "airminded" in high degree.

CALENDAR FOR THE MONTH . . . . . *AUGUST*																																		
Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
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If were you born in AUGUST

Those born between 21st July and 20th August are almost always forceful personalities, with great courage, determination and strength of character. Assertive and self-reliant themselves, they seem to have little patience with weakness or frailty in others; and although good-natured and sympathetic at heart, they seem to shun the feeble, and turn instinctively towards the strong. They enter wholeheartedly into whatever they undertake and, whether at work or at play, in goodness or in vice, they will have no half-measures. If they do wrong they will take no pains to excuse or conceal it, for they detest deceit in any form.

August people make good business men, and are usually prominent in public affairs. They are lucky in most things, but as they are very capable, their luck is well-deserved. They are generous to a fault, and often careless of money, for they delight more in the capacity to make money than in the ability to hoard it.

They are usually best matched with those born in April or December.

GRIPPE.—Another name for Influenza (which see).

GUMBOILS.—Abscesses in the mouth are generally caused by decayed teeth, which must be extracted.

HÆMORRHOIDS. — See Piles.

HAY FEVER.—A catarrhal complaint common in the early summer. Sure relief is given by the application of Efedrex jelly to the nostrils.

HEADACHES.—May arise from a variety of causes, such as biliousness, neuralgia, etc. Relief can be obtained by taking one or more tablets of Phen-pyrin according to the directions.

HEARTBURN. — An acid, burning sensation at the pit of the stomach and one of the symptoms of dyspepsia.

HOARSENESS.—For slight hoarseness, or to ease the voice during long periods of speaking, 'Winterettes' are very beneficial. Where the hoarseness is due to cough or sore throat, a Lobelline Lozenge should be sucked occasionally. Lobelline Lozenges instantly stop tickling and soreness.

HICCOUGH (HICCUP).--Can usually be stopped by slowly sipping cold water. Another method is to allow a lump of sugar to dissolve slowly in the mouth.

HOUSEMAID'S KNEE. — See Bursitis.

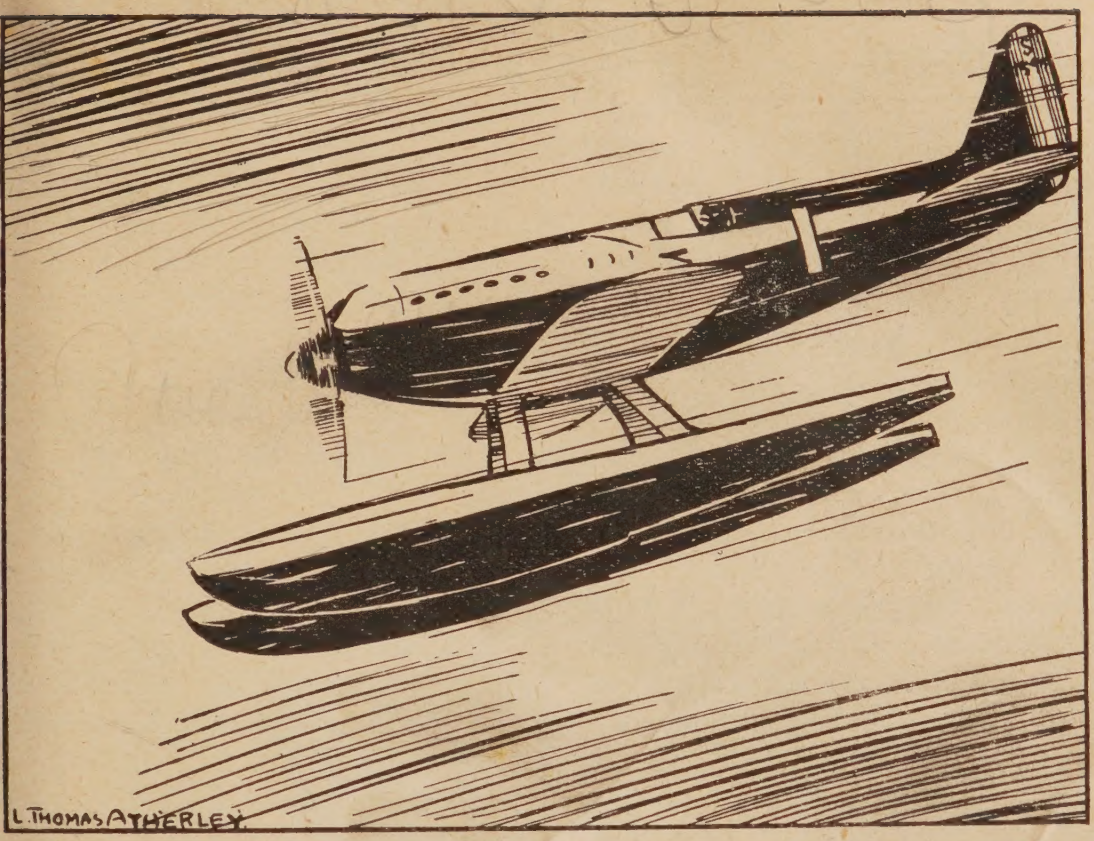
IMPETIGO.—A contagious skin rash which quickly spreads with scratching. The modern treatment is to apply strips of Elastoplast and leave them undisturbed for at least a week, after which they may be renewed if necessary.

INDIGESTION.—All sufferers from indigestion should pay strict attention to regularity of meals and simplicity of diet. Indigestion exhibits itself in various forms, all of which respond readily to treatment with Verisan Digestive Powder or Tablets (MacLean's Formula).

INFLUENZA.—The patient should at once be put to bed, as even mild attacks are liable to turn suddenly worse. A laxative should be administered, and a light diet followed. Continued feverishness demands the attention of a medical man.

The most effective remedy for Influenza is Antigrippe, which has the condition firmly under control after a few doses.

Don't miss the chance to win £10. Turn to Page 32.



SCHNEIDER TROPHY STAYS BRITISH

By winning her third successive Schneider contest in 1931, Great Britain secured outright the coveted Schneider trophy. In eleven contests (including five British victories) seaplane speeds rose from 46 to 343 m.p.h.

CALENDAR FOR THE MONTH . . . . . *SEPTEMBER*

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29	30					

If you were born in SEPTEMBER

Those born between 21st August and 21st September are usually evenly-balanced, matter-of-fact persons who take things just as they come, without too much anxiety on the one hand or too much enthusiasm on the other. They do not care for extremes in anything, but like to see all things proceed in steady rhythm and quiet, ordered sequence.

They have a passion for harmony and cannot tolerate anything that, in their view, is out of place. Women born during this period will constantly be seen re-arranging cushions about a room, re-adjusting pictures on a wall or ornaments on the mantelshelf, or stooping in the middle of a conversation to pick up a piece of thread from the carpet, all because of this irresistible instinct for perfect order.

They are prosaic and somewhat unromantic, disliking mystery in anything and trying always to discover a practical explanation of things. But they are perhaps to be envied, for they seem able to find contentment with their lot, whatever it may be.

They are usually best matched with those born in May or January.

To prevent general infection, sprinkle or spray the house with Silvopine Disinfectant Spray.

INSOMNIA.—(SLEEPLESSNESS). Usually attributable to disordered nerves, for which a good nerve tonic is desirable. Change of scenery and occupation are advisable, and a course of Magor's Phosphor Tonic should be commenced. This "tonic in a 1,000" revitalizes the whole system, improves your appetite and makes you sleep well.

JAUNDICE.—A disorder of the biliary system, in which the skin takes on a yellow colour. The patient should be put to bed, all solid food removed from the diet, and the doctor sent for.

KIDNEY COMPLAINTS.—Pains in the Back, Lumbago, etc., caused by disordered Kidneys, are alleviated by taking Harden Griffith's Buchu-Juniper Pills night and morning, in a little water. If organic disease of the Kidneys is suspected, a doctor should be consulted.

LEAD POISONING. — In actual cases of lead poisoning, 3 to 5 grains of Potassium Iodide should be administered.

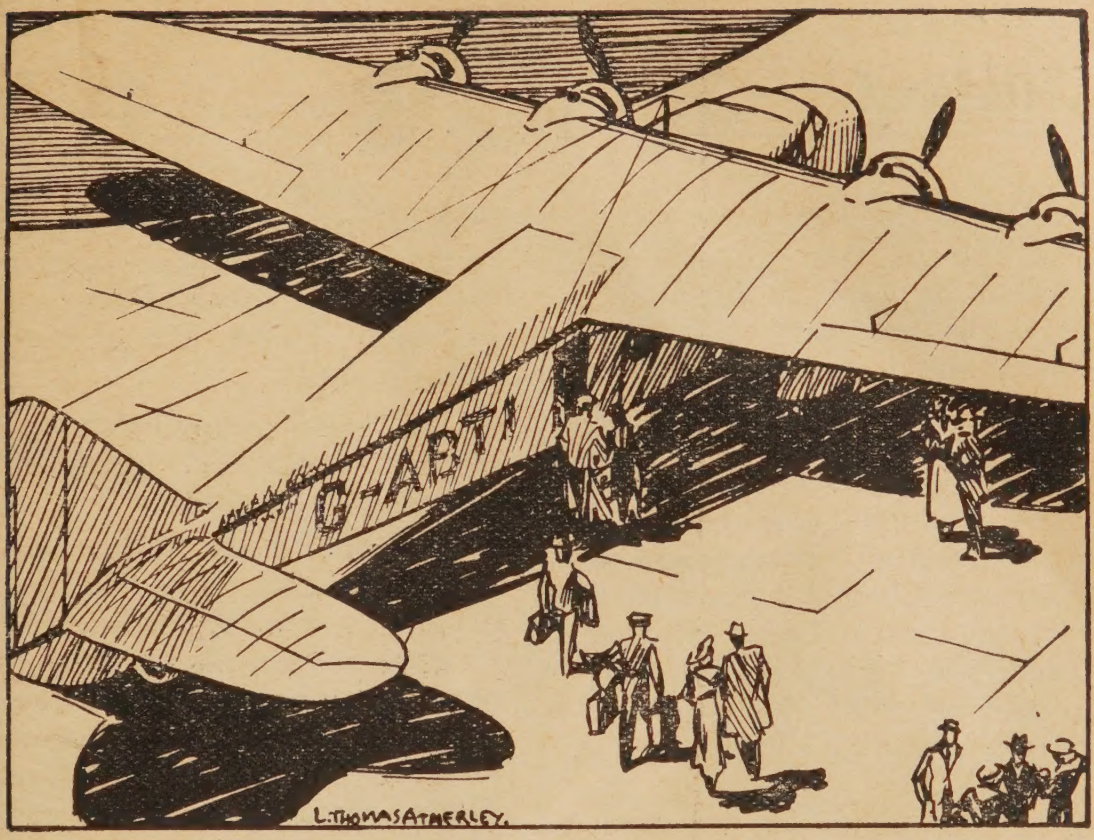
LIVER.—Sluggish liver is one of the most common causes of lowered general health. It should be rectified by taking a course of Verisan Little Liver Pills, whilst a morning dose of Dr. Allen's Health Salt should be made an invariable practice.

LUMBAGO.—Lumbago and all muscular pains are alleviated by external application of Electric Liniment, especially if the trouble is treated at the same time with Electric Tablets, taken internally.

LUPUS.—An obscure and persistent skin disease for which a doctor should be at once called in. X-ray treatment is usually necessary.

MALARIA.—A type of fever prevalent in tropical countries and spread by a species of mosquito. Generally yields to Quinine, which acts as a specific.

MEASLES.—An infectious disease, not in itself dangerous, but requiring in certain areas to be notified to the local Medical Authority. It usually attacks children, and is rarely suffered a second time. The symptoms are spots which commence behind the ear and spread over the whole body.



"NEXT STOP CAPE TOWN"

With regular services to India, South Africa, etc., the giants of Imperial Airways have made flying almost commonplace to-day. "Air Mail" saves up to three weeks on older delivery methods in some cases.

CALENDAR FOR THE MONTH . . . . . *OCTOBER*

T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th
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If you were born in OCTOBER

Those born between 22nd September and 22nd October are usually of a very sound and steady character, possessing shrewd insight and wide powers of discrimination. They are not easily deceived, either by trick or by flattery, as they have a remarkable gift of being able to see things from every angle and thus forming a well-balanced judgment. It is not surprising, therefore, that they make good lawyers and judges.

They have a very keen sense of law and order, and a love of justice "at any cost." They will not depart from the correct path, even for a friend; and although they are well qualified to give advice, their advice is frequently ignored—*it is usually too unbiassed*! But they are very pleasant, amiable companions and valuable friends in the hour of need.

They are very commonly gifted with so-called "second sight," although they rarely treat it seriously, and are for ever trying to persuade themselves that it is just remarkable coincidence. For all that, they continue to be visited by surprising presentiments, and often by somewhat hazy prophetic dreams.

They are usually best matched with those born in February or June.

Isolation is necessary, and children in the same house should be kept at home. Patients are very liable to be left much weakened by the attack, and care should be taken to build up strength during convalescence. Maltogen, which combines the body-building properties of Parrish's Chemical Food with the Vitamin-richness of Cod Liver Oil and Malt Extract, is excellent for this purpose.

MIGRAINE.—Sick Headache of a neuralgic type induced by stomach disorder. Usually it is confined to one side of the head and sometimes it is accompanied by dizziness. Attacks cannot always be prevented but the pain can be relieved. One or more Phen-pyrin Tablets, taken as directed, give immediate relief. The patient should abstain from food for a few hours. Eau de Cologne applied to the temples is very soothing.

MOUTH.—It should always be remembered that the mouth is one of the main seats of germ-invasion. Oral hygiene is very desirable, and it is a good practice to gargle daily with Verisan Compound Glycerin of Thymol. Scrupulous attention should be paid to the teeth and either Glycerin of Thymol Tooth Paste or Peroxide Tooth Paste used twice a day.

MUMPS.—An acute, infectious disease. Medical attention should be obtained.

NERVOUSNESS.—Nervousness results from worry, debility, overstrain or lowered vitality. To strengthen every nerve fibre in the body and revitalize the whole system nothing is so beneficial as Tonic Phosphorettes, which impart new life, new energy and new nerve force.

NETTLERASH.—An irritating affection of the skin resembling eruptions caused by stinging nettles. It is usually connected with digestive troubles and often follows the eating of shellfish or nuts. The best treatment is a good dose of some antacid such as Cream of Magnesia. The itchiness should be soothed with dilute carbolic lotion.

NEURALGIA.—Persons subject to frequent neuralgia should avoid sudden excitement and keep to a diet of plain, wholesome food. When an attack commences Butler's

Prove your skill in our MISSING WORD Competition. Over 100 Prizes.

AUTOGYRO'S STEEP CLIMB TO FAME

The Autogyro rises almost vertically, rendering large landing-grounds unnecessary. As a result of powers taken last year by the Post Office, mails may be landed by Autogyro right in the heart of London.

CALENDAR FOR THE MONTH . . . . . *NOVEMBER*

F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
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If you were born in NOVEMBER

Those born between 22nd October and 21st November are, of all types, the most difficult to classify. They are most erratic in their behaviour, and it is almost impossible to forecast how they will react to given conditions. Indeed, it is problematical if they know themselves, for they appear to be largely governed by their emotions, and may respond to a sudden impulse that will sweep them off their feet and change the whole trend of their life.

In early life they need a very sound moral training, to stand them in good stead as they develop, for, when their affections and emotions are maturing, they may easily be carried away to some excess of good or evil. Once they have directed their emotions to noble ends, they are capable of the greatest achievements. In such cases, they almost always turn towards social reform, religion or philosophy. Possessing power, eloquence and courage, they have great opportunities and tremendous force, but do not always exert themselves to direct it aright.

They are usually best matched with those born in March or July.

Tic Cure will be found to give immediate relief.

NEURASTHENIA.—A condition of nervous exhaustion usually arising from mental distress, overwork, worry, etc. Complete rest and quiet are very desirable. Plenty of good, wholesome food helps to restore a sound, normal outlook, and a nerve tonic, such as Magor's Phosphor Tonic (which also aids digestion) often proves of immense benefit.

NOSE-BLEEDING.—This is almost invariably checked if the patient is made to lie down and some cold object, such as a key, is applied to the neck, while a wet handkerchief is applied to the nose and face.

OBESITY.—Excessive plumpness whilst not, as a rule, involving any degree of ill-health, usually causes much anxiety to the person concerned. A good method of slimming that is at once safe and effective is the use of Marienbad Slimming Tablets, which incorporate the virtues of the famous Austrian Spa. Special Slimming Bath Salts can now be obtained, and these have proved extremely beneficial to the over-fat.

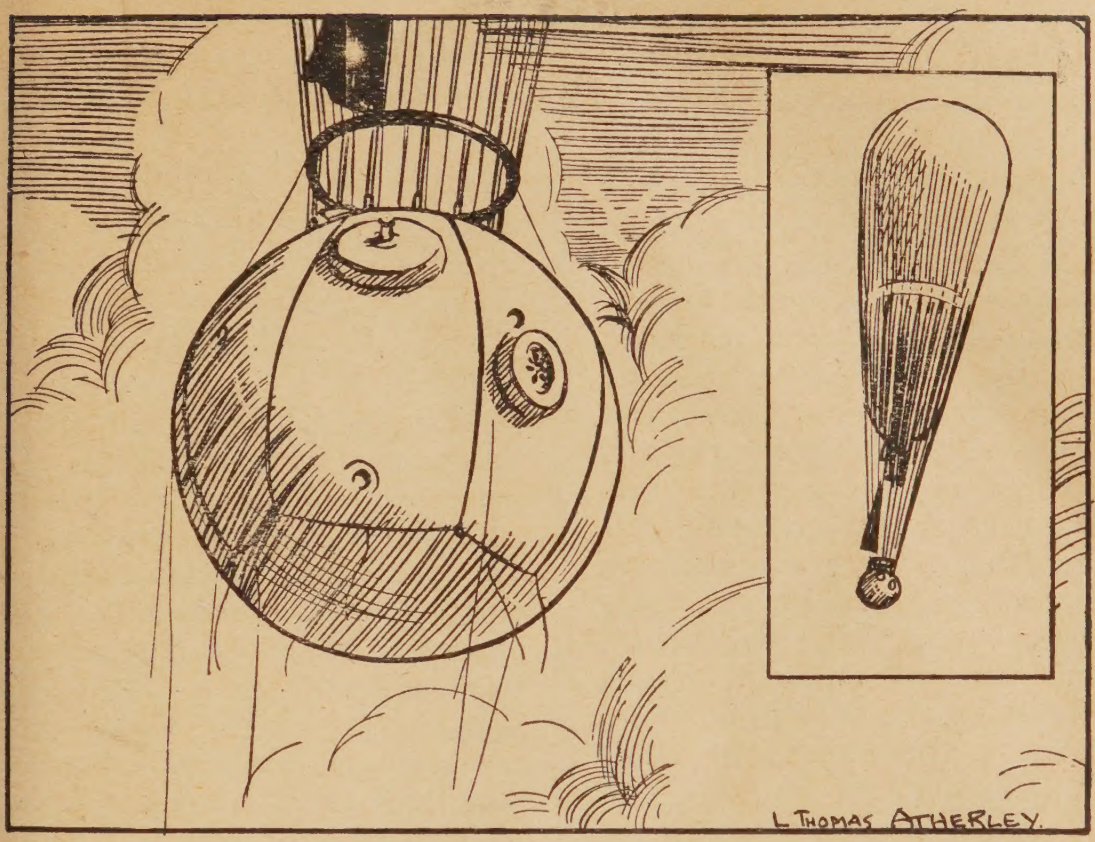
PERITONITIS. — Inflammation of the abdominal membrane, in which the onset is sudden and severe. A Doctor should be consulted immediately.

PILES (HÆMORRHOIDS). —Congestion of the veins in the anal region, often accompanied by bleeding. Kutisol Pilecones can be thoroughly recommended as affording immediate relief in this distressing complaint.

PLEURISY.— Inflammation of the lining of the chest, accompanied as a rule by a sharp pain in one side of the lungs, and harsh cough. The attention of a doctor is absolutely essential.

PNEUMONIA. — A very prevalent and distressing complaint which may develop after a chill if the subject is in a low state of health. Pneumonia is believed to be caused by a germ that is always present in the mouth, but does not invade the chest and lungs as long as the general health is normal. The symptoms are high fever, severe pain in the side, rapid breathing and a short painful cough. There is an expectoration rusty-red in colour.

"Very much admired," says Handbag Winner in last year's Competition.



TAKING TESTS TWELVE MILES UP!

Researches into "stratosphere" air conditions may open up entirely new possibilities in air travel. "Rising" scientists have recorded temperatures 90 degrees below freezing point at heights of nearly 12 miles, whilst themselves remaining at ordinary temperatures.

CALENDAR FOR THE MONTH ..... *DECEMBER*

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If you were born in DECEMBER

Those born between 22nd November and 21st December are usually very active, determined and enterprising. They have a sound intellect and a very keen sense of values. Good judges of character, they make excellent business men, for they are not easily imposed upon. On the other hand, they are quick to see the weakness in another and to take advantage of it.

They are bold and intrepid in thought and action, taking little pains to qualify their speech, and always going direct to what they have in mind. They are untiring workers, and should not be hampered, but encouraged to feel that full reliance is being placed upon them.

They delight in a battle of wits, but are often rather ruthless in argument and impatient of another's view. Thus they will often unintentionally offend by roughly sweeping aside an opponent's views as though they were not worth a moment's consideration. For all this, they are good company, and seem to fit in easily to any society or circle. They take but little time to master the details of any business or profession they adopt.

They are usually best matched with those born in April or August.

Patients should be put to bed and not allowed even to sit up, as pneumonia is accompanied by risk of heart failure. Medical attention is essential. It should be borne in mind that all sufferers from chest complaints need to be specially careful not to contract a chill, particularly as pneumonia is very frequently associated with influenza, bronchitis and other complaints. Those whose chest or lungs are liable to attack should make it a practice to take a teaspoonful of Gee's Lobelline every morning and at night two teaspoonfuls in hot water, sipped slowly. This effectively prevents the onslaughts of all chest and lung complaints.

PYORRHŒA.—A condition of the sockets of the teeth in which purulent matter is pumped out and gradual loosening occurs. The disease never reaches an advanced stage if care is taken, from childhood upwards, that no irritant matter is allowed to collect on the teeth or gums. A good cleansing dentifrice, such as 'Capora' Peroxide Toothpaste, should be adopted.

QUINSY.—A serious and very painful throat affection that attacks when the vitality is low. Any one who suffers any soreness of the throat should have immediate recourse to Tonsilitis and Sore Throat Tablets.

RHEUMATISM. — The characters of rheumatism are too well known to need description, but something may be said about the causes. Undoubtedly exposure to damp or to sudden changes of temperature are frequent causes, especially where the parents or grandparents of the sufferer have also been rheumatic subjects. One exciting cause is generally considered to be constipation, which should always be specially treated. Electric Liniment should be used on the muscles or joints affected and Electric Tablets taken internally. Sufferers from chronic Rheumatism are well advised to commence taking a course of Marienbad Salts, the active principle of the famous waters.

RICKETS. — A complaint characterized by unsatisfactory bone formation, the child having very thin and wasted limbs. The cause is shortage of Vitamin D. It may be remedied by administering

Don't delay. Send your Competition to-day. See Page 32

MEDICAL GUIDE
(*contd.*)

substances rich in this Vitamin. Cod Liver Oil, the chief of these substances is, in the form of Palatable Cod Liver Oil Emulsion, both nourishing and pleasant to take. Plenty of full cream milk should be provided and the patient given a "sunshine cure" if possible. Maltogen, containing Parrish's Chemical Food combined with Malt and Oil, is a most valuable strengthening food in cases of rickets. It helps to build the bone, muscle and flesh so necessary to health in growing kiddies. Recently, the introduction of Halibut instead of Cod oil has found favour with many. Malt Extract with Halibut Liver Oil is exceptionally rich in Vitamin D and contains such a low proportion of oil that it is most palatable.

RINGWORM.—A skin disease that usually attacks the scalp, especially of children. The best method of treating ringworm is undoubtedly by means of X-rays. Where the spots affected are small, the hairs should be pulled out separately by the roots and the areas bathed with a solution of perchloride of mercury (two grains to the ounce). Kutisol Ointment should afterwards be applied, even after the ringworm has apparently disappeared. A good strengthening

WHENEVER you see anyone weak after illness you see a case where—

HALL'S WINE will build up strength!

Whenever you see anyone who looks like becoming "a nervous wreck" you see one to whom—

HALL'S WINE will do a world of good!

Whenever you meet anyone who is in the grip of Anæmia tell that one that—

HALL'S WINE enriches the blood!

Whenever you know anybody, man or woman, who has lost their hold on life and who needs a thorough building up—let them know that—

There's nothing like HALL'S WINE to build up strength.

HALL'S WINE is prepared from the formula of a medical man and contains besides the natural iron and vitamins of the grape, valuable medicaments found in no other tonic.

HALL'S WINE

The Supreme Tonic Restorative

Large 5/6 *Bottle*

tonic food, such as Maltogen, should be given to the patient.

SCIATICA.—Neuritis of the muscles of the thigh. Massage is very beneficial. The pain is removed by application of Electric Liniment.

SCALDS.—See Burns.

SCURF.—See Dandruff.

SEA SICKNESS.—Nausea during travel, whether by sea, by road or by air, is an unnecessary suffering to-day, when Sea Sickness Tablets are a sure preventive of trouble.

SHINGLES.—A skin disease characterised by the appearance of numerous small blisters on the trunk, often accompanied by severe neuralgic pains. Externally Verisan Dusting Powder should be sprinkled on freely. For the neuralgic pains, one or more tablets of Phen-pyrin, taken as directed, give relief.

SORE THROAT.—To guard against infection take Tonsillitis and Sore Throat Tablets at the first sign of soreness. It is prudent to gargle frequently with Verisan Compound Glycerin of Thymol. If diphtheria is suspected, see a doctor at once.

STINGS.—Stings of insects are best treated by applying ammonia, iodine or olive oil. The sting itself should be removed, either with tweezers or by means of a hot poultice. Wasp-stings on the tongue should be treated immediately by a doctor as there is risk of suffocation from the swelling.

STYE.—A pimple-like swelling on the eyelid. The eyelid should be bathed with warm, or hot, boracic or zinc sulphate lotion. Poultices should on no account be applied. The presence of styes is an indication that the subject is run down and needs a good tonic. Phosphazone is perhaps the most suitable.

SUNSTROKE.—The sufferer should be carried to a shady spot and the head kept erect. Clothing should be loosened and cold water or, if possible, ice, applied to the head, until the doctor arrives. Sunbathers should be particularly careful, and the body should not be exposed without being prepared by the application of Sun Tan Oil.

TOOTHACHE. — For neuralgic affections, Butler's Tic Cure can be relied upon to give relief.

ULCERS.—These can now be completely cured without the

Don't delay. Send your Competition Entry to-day. See Page 32.

patient being confined to bed. The treatment consists in applying an elastic plaster bandage—such as Elastoplast—but should be carried out only under medical supervision.

VARICOSE VEINS.—Nowadays a simple injection ends Varicose Veins, and for that reason they should be examined by a doctor before they become serious. Support is given by bandages such as Elastocrepe or Semiplast, which allow free movement and exercise.

WARTS.—Apply Kutisol Wart Charmer.

WHOOPING COUGH.—A disease easily recognised by its characteristic whoop. Though dreaded, this complaint is not really serious for normal, strong children, and soon responds to Whooping Cough Mixture. When the whoop stage is reached, the child should be allowed to get up and even, if there is warm sunshine, to play outdoors. Whooping Cough Liniment gives great relief.

SAFETY IN MEDICINE

In these days of quickly changing conditions, it is important that safe and proved medicines should be the standard remedies chosen by the public. Medicaments advertised or referred to in this publication are all thoroughly tested, and are confidently recommended. You can place full reliance on them for efficiency, safety and reliability.

New medicines should be approached with caution and not accepted until clinical tests have proved their specific uses and limitations.

All products advertised in this booklet are prepared by firms of the highest repute, and are offered to the public only after their value has been amply demonstrated.

THROWING OUT POISONS THROUGH THE SKIN

'ASPRO'

PAIN, COLDS 'FLU & RHEUMATISM BANISHED BY NATURAL MEANS

One of Nature's best ways of banishing sickness is to remove the poison causes by elimination. A naturally healthy individual has a constant, imperceptible moisture exuding from the hundreds of thousands of pores of the skin. In extreme cases this exudation develops into what is known as "perspiration." One of the main qualifications of "ASPRO" is that it promotes skin action and poison elimination through the skin. So it frees you from the causes of numerous pains and illnesses by helping the natural functions of the body. In addition to this it has, after ingestion into the system, its well-known qualities as an internal antiseptic and germicide, and an analgesic. Medicines which suppress are harmful. Suppression does not get rid of the cause. "ASPRO," by eliminating the poisons, assists in getting rid of your complaint.

CONDITIONS OF ILL-HEALTH SHOULD BE ELIMINATED NOT SUPPRESSED

"ASPRO" has stood the test of time—the test of service. It is all-British—it does not harm the heart—it can be taken any time, anywhere.

TRY 'ASPRO' FOR

INFLUENZA	ALCOHOLIC AFTER-EFFECTS	HAY FEVER
HEADACHES	TOOTHACHE	NERVE SHOCK
SLEEPLESSNESS	COLDS	PAINS PECULIAR TO WOMEN
NEURALGIA	LUMBAGO	MALARIA
SCIATICA	IRRITABILITY	ASTHMA
GOUT	NEURITIS	
RHEUMATISM		

"ASPRO" consists of the purest Acetylsalicylic Acid that has ever been known to Medical Science, and its claims are based on its superiority.

Agents:

GOLLIN & Co. Pty. Ltd., ('Aspro' Dept.)
SLOUGH, BUCKS. Telephone: SLOUGH 608

No proprietary right is claimed in the method of manufacture or the formula.

Made by ASPRO LTD., Slough, England

PRICES within the reach of all

3d. 6d. 1/3 2/6

'ASPRO' DOES NOT HARM THE HEART

'ASPRO' REG. TRADE MARK

DISEASES THAT HAVE TO BE NOTIFIED

If it is suspected that any of the diseases in this list has been contracted, the Medical Adviser should be sent for immediately, as notification of certain infectious diseases is a legal requirement.

Disease	Period of incubation (before symptoms appear)	Symptoms	Period of isolation of Patient	Quarantine of those who have come in contact with infected Patient
Chicken Pox ..	11-21 days	Appearance of little blisters on the skin.	Three weeks or until all scabs have disappeared	For children three weeks from date of last exposure to infection.
Diphtheria	2-10 days	Sore throat with white patches	Until convalescence is completed. In no case less than four weeks.	12 days unless tests prove immunity.
German Measles	5-21 days	Symptoms of severe cold, followed by rash.	One week from appearance of rash.	For children who have not had the disease, 20 days.
Measles ..	7-14 days	Symptoms of cold-in-the-head. Blotchy rash.	Three weeks from date rash appears.	For children who have not had measles, three weeks from onset of last case in house.
Mumps ..	12-23 days	Swelling of the sides of the face.	Until one week after swelling subsides.	30 days.
Ringworm	1- 8 days	Reddish patches on the scalp or skin.	Until examination shows absence of spores.	
Scarlet Fever ..	1- 8 days	High body-temperature with headache, sickness, sore throat, etc.	Two weeks after return from hospital.	10 days.
Small Pox	10-14 days	General sickness. Red rash followed by hard pimples.	Six weeks or until certified free.	16 days unless recently vaccinated.
Typhoid Fever ..	10-15 days	Feverishness, lassitude, etc.	Till patient is well enough to go about	
Whooping Cough ..	6-18 days	Short dry cough and feverishness	Six weeks from commencement	Infants only, three weeks from last exposure to infection

How to take MEDICINE

There is a right way as well as a wrong way to take medicine, and attention to the following points will ensure that you get the best results possible.

MIXTURES

Shake all mixtures well before taking. Measure the dose accurately in a graduated tumbler. (Household spoons are not accurate measures).

When a four-hourly dose is ordered, a total of three or four is usually intended for each day. Do not continue during the whole 24 hours.

CACHETS.

Take the cachet between thumb and forefinger. Dip in water, place on the tongue and "float" down with a draught of water.

TABLETS.

Crush before use, except in the case of sugar-coated or chocolate-coated tablets. These generally contain bitter medicaments and should be swallowed like pills. A sound plan is to take a draught of water before swallowing pills or tablets.

POWDERS.

For children, powders should be administered for preference in milk; certainly not in jam, which is an unsuitable medium.

For adults the powders should be tipped dry on to the tongue and washed down with a draught of water.

CAPSULES.

Gelatine capsules should be held on the tongue a few moments before swallowing. This softens the gelatine.

LINIMENTS AND LOTIONS.

In general, liniments are rubbed on and lotions merely applied to the skin.

EYE LOTIONS, etc.

An eye bath provides the only satisfactory method of using an eye lotion. Eye drops require the use of a pipette, whilst eye ointments should be applied with extreme care by means of a glass rod.

The Man who makes Your Medicine

What does he represent? Can you have faith in his skill, in his integrity, in the materials he uses?

Yes, if you bring your prescriptions to us. Our dispensers are both expert and experienced—our drugs as good as careful selection and minute testing can ensure.

All medicines are prepared under the personal supervision of a qualified Chemist, and receive the same scrupulous attention however simple, however complicated.

Entrust your prescriptions to the man in our dispensary and you will know that your doctor's intentions have been conscientiously and intelligently carried out.

No Age Limit

£17 IN CASH PRIZES

Enter now for COMPETITION

Everyone stands an equal chance

Every Prize Must be Won

FIRST PRIZE £10

SECOND PRIZE £5

THIRD PRIZE £2/2/-

ALL YOU HAVE TO DO:

1.—After studying carefully the pages of this booklet, write down on a sheet of paper the words you consider have been omitted from the letter on the opposite page, numbering your solutions 1 to 7.

2.—At the top of the sheet write your name and full postal address in block letters, stating whether MR., MRS. or MISS.

3.—Send this sheet with an empty Lobelline Carton or Lobelline Lozenge tin to :—

VERISAN COMPETITION DEPARTMENT,
P.O. BOX 141,
Burley Hill, Leeds, 4

in time to reach us not later than Monday morning, February 25th, 1935.

4.—Any number of attempts may be sent in, provided each is accompanied by an empty Lobelline Carton or Lobelline Lozenge tin. It is not necessary to cut or damage this booklet in order to enter for the competition.

5.—Residents in Scotland and persons in our employ are debarred from entering the Competition.

6.—The First Prize will be awarded to the Competitor who sends in the correct solution.
If no correct solution is received, the First Prize will be awarded to the best sent in, and the remaining prizes in order of merit. All prizes must be won.

Important : The decision of the Adjudicators must be taken as final and legally binding. Entry for the Competition is taken as evidence of acceptance of all the rules, and no correspondence can be entered into.

List of Prizewinners will be posted on our Windows on Saturday, March 2nd, 1935

HANDBAGS or CIGARETTE CASES

100 CONSOL

our "Missing Words"

Dear Marjorie,

I was very glad to have your letter, but not so pleased to learn that you have been suffering from a very bad cold. Mother was telling me about some splendid stuff she used to use when she was a girl, called ..... Why not try it?

By the way, young Harold had a dreadful cough last week, but thanks to ..... we soon put him right. Really I don't know what we should do without this wonderful cough cure.

It seems I am gaining quite a reputation for looking after sick people. For instance, Mrs. Blake called last Wednesday, and didn't look at all well. As dull and listless as ever I've seen her. I saw at once what the trouble was and recommended her to take ..... Since then she has been singing my praises everywhere.

Do you know how much my boys have gained this last two months? Seven and a half pounds between them! The reason is ....., the best thing I have come across for building up the system during the winter months.

Father's rheumatism was troubling him, too, but I bought him some ..... Tablets and ..... and he looks ten years younger. No trouble at all. When are you coming to see us again? Will you remember to bring some ..... for my corns?

Yours affectionately,

Kathleen.

LATEST DATE FOR ENTRIES
FEBRUARY 25th, 1935

TION PRIZES

50 Consolation Prizes of
LADIES' HANDBAGS

Mrs. M. B. Allen, Church End Farm, Chipping Warden.
Miss L. Allen, 143, Kingsway, East Kirkby.
Mrs. Jane Anderson, 16, West Place, Wimbledon Common, S.W.19.
Mrs. W. Archer, 17, Victoria Street, Brierley Hill.
Mrs. M. Arnold, 6, Russell Sq., Brighton.
Miss Hilda M. Ashford, " Old Vine Hotel," 28, Bridge Street, Newcastle.
Miss T. Atley, 25, Thompson Street West, Darlington.
Miss Janet Baker, 15, St. John's Road, Richmond.
Mrs. W. Bryan, 32, Mount Street, Redditch.
Miss H. Collins, Craig Mellan, Ulverston.
Miss E. Cosham, 37, Selborne Rd., Hove.
Miss H. Crossland, 32, Barnsley Road, Brierley, Barnsley.
Mrs. Crow, 40, Cranmer Avenue, West Ealing, W.13.
Miss Dann, 31, Cliveden Place, Sloane Square, S.W.1.
Mrs. O. Donnell, 12, Wycliffe Place, Shipley.
Miss Feeney, 405, Claremont Road, Rusholme, Manchester, 14.
Miss H. A. French, 110, Halifax Road, Odsal, Bradford.
Mrs. B. Goodill, " Homestead," Lichfield Road, Stone.
Mrs. J. Graham, 99, Greystone Road, Carlisle.
Miss. M. A. Gummerson, 200, Harehills Avenue, Leeds, 8.
Mrs. Hallows, Monsal House, 7, Storrs Road, Chesterfield.
Mrs. G. Holdcroft, " Newstead," Smith Avenue, Old Colwyn.

SECOND PRIZE

Mrs. H. MERRYWEATHER,
32, Cartmell Terrace,
Darlington

Mrs. A. Jenkins, 48, Dyfodueg Street, Treorchy.
Miss E. Johnson, 8, Palanza Terrace, Newburlington Road, Bridlington.
Miss A. Jones, 107, Halifax Road, Brighouse.
Mrs. W. King, 14, Crossway, Bush Hill Park, Enfield.
Miss G. E. Mackenzie, 47, Oxford Avenue, South Shields.
Mrs. F. Marwood, 114, Edward Street, Werneth, Oldham.
Mrs. E. C. Mitchell, Bards Hall Cottage, Chignal Smealy, Chelmsford.
Mrs. W. Musgrave, Ingle Nook, Station Road, Altofts.
Mrs. Price, 46, Ripple Road, Stirchley, Birmingham.
Mrs. Richardson, 37 Broughton St., Penrith.
Mrs. Rimmington, 7, Belle Vue Terrace, Lincoln.

PRIZE WINNERS
IN 1934 COMPETITION

FIRST PRIZE

Mr. A. V. GILL,
" Clifton House," Adelaide Street,
Brierley Hill.

Mrs. E. Rothwell, 3, Charles Ave, Harrogate.
Miss N. E. Simpson, " Westfield," 14, Montpelier Place, Brighton.
Mrs. E. Smith, 40, Clifford Avenue, Portobello, Wakefield.
Miss Rosa Saunders, 20, Marlborough Road, Brynmill, Swansea.
Mrs. Margaret A. Shout, West View, North Cowton, Northallerton.
Mrs. B. Skidmore, 8, Peel St., London, W8
Miss Edith Tabberner, 297, Cotterills Lane, Alum Rock, Birmingham.
Miss E. Tasker, 12, Wensley Gve., H'gate.
Miss B. Thomas, 242, Hawthorne Road, Bootle, Liverpool.
Mrs. E. G. Tisdall, 44, Kenilworth Avenue, Wimbledon, S.W.19.
Mrs. L. Verinder, 3, Victoria Drive, Leigh-on-Sea.
Miss C. Walford, Alcester Road, Studley.
Mrs. N. Warren, 18, Fairholme Avenue, Gidea Park.
Mrs. N. Whitehead, 22, Merrybents Street, Todmorden.
Mrs. H. A. Wilson, Hawthorns, Cross Path, Radlett.
Mrs. W. B. Wilson, 13, Arlington Avenue, South Shore, Blackpool.
Mrs. E. Young, 29, Queens Road, Slough.

50 Consolation Prizes of
CIGARETTE CASES

Mr. L. Balmforth, 75, Newbold Rd., Rugby.
Mr. John T. Bottomley, 101, Nashville Terrace, Keighley.
Mr. C. Boughton, 165, Douglas Road, Acocks Green, Birmingham.
Mr. William Burgess, 38, Imber, Devizes.
Mr. W. Clarke, 9, L'w'r Court Rd., Epsom.
Mr. P. Cousins, 20, Victoria Terrace, Snydale, Nr. Pontefract.
Mr. L. Curran, " Brownlow," 72, Cowper Gardens, Wallington.
Mr. A. C. Davies, 26, Oak Royd Terrace, Manningham, Bradford.
Mr. C. Dodsworth, " Raincliffe," 13, Ings Road, Redcar.
Mr. J. Dufton, 28, Fowlers Place, Stanningley.

Mr. J. Fall, 51, St. Michael's Rd., Leeds, 6.
Mr. William Ford, 30, Whippingham Road, Brighton.
Mr. L. Freeman, 45, Healey St., S.Wigston
Mr. Horace Gardiner, 103, Mary Vale Road, Bournville, Birmingham.
Mr. H. T. Gattrell, 20, Portree Street, Abbott Road, Poplar, E.14.
Mr. J. Glasson, 26, Joicey Sq., Stanley.
Mr. J. Green, 15, Nelson St., Retford.
Mr. T. Greenwood, 6, Bartlett Avenue, Beverley.
Mr. H. Griffin, 6, Rucklidge Avenue, Harlesden, N.W.10.
Mr. R. Heron, 58, Belgrave Rd., Slough.
Mr. W. Hill, 14, Oakburn Rd., Ilkley.
Mr. E. Holden, 21, Ashfield Road, Thornton, Bradford.
Mr. H. Holloway, 36, Grafton Street, Hull.
Mr. R. Howarth, 167 Langroyd Rd., Colne
Mr. William Humphries, Mynyddbach, Landore, Nr. Swansea.
Mr. John L. Irving, 45, Norfolk Street, Denton Holme, Carlisle.
Mr. T. Lee, 66, Commercial St., Rothwell.
Mr. R. Martin, 26, Willoughby Avenue, Cleveleys, Blackpool.
Mr. A. Mason, Newby Hall Gardens, Ripon

THIRD PRIZE

Mrs. E. ARCHER,
29, Crystal Terrace,
Upper Norwood, S.E.19

Mr. H. C. Mayson, Park Hill, Cockermouth.
Mr. J. W. Moss, 244, Birmingham Road, Redditch.
Mr. Cecil W. Noseda, 16, Colchester Avenue, Manor Park, E.12.
Mr. D. P. Owen, 34, Harpenden Road, West Norwood, S.E.27.
Mr. H. Peck, 41, The Meadway, Bush Hill Park, Enfield.
Mr. F. Priestley, 78, Tudor Street, Park Lane, Bradford.
Mr. G. A. Richardson, 15, Havelock Street, Darlington.
Mr. T. Robinson, Rose Cottages, High Seaton, Workington.
Mr. H. W. Rutherford, 44, Dorset Terrace, Harehills Lane, Leeds, 8.
Mr. D. Saunders, 10, Helvellyn St., Keswick.
Mr. J. Sharp, 9, Ashcroft St., Bramley.
Mr. D. Smith, 101, Westminster Road, Morecambe.
Mr. John Smith, 20, Federation Street, Barnoldswick.
Mr. B. Talbot, 7, The Bower, Batley.
Mr. R. F. Taylor, 51, Sunnycroft Road, Hounslow.
Mr. T. H. Wilkinson, 16, Otterburn Avenue, Gosforth.
Mr. W. Williams, Hipswell Village, Catterick Camp.
Mr. A. Willis, 178, Cambridge Street, Victoria, S.W.1.
Mr. R. Wilson, 106, Clarendon Rd., Leeds.
Mr. H. Winn, 27, Nalton Street, Selby.
Mr. J. Wood, 24, Muriel Street, Redcar.

EFEDREX means relief from Catarrh

It is not so long since Catarrh was looked upon as a painful condition that nothing could improve. Since Ephedrine (the chief ingredient of Efedrex) was introduced, all that is changed.

The action of Efedrex is almost startling, so surely does it clear the nostrils, check the mucous discharge, and dispel that agonising, "vibrating" ache behind the eyes. Its action commences within a few minutes and lasts for a hour or two, after which the application is repeated, if necessary.

Efedrex is issued as a Nasal Jelly, in collapsible tubes with special "applicator" nozzle at 1/3 and also as a Spray Compound for injecting into the nasal passages by means of an Atomiser. The price of Efedrex Spray Compound is 1/6, and a special Efedrex Atomiser is issued at 2/6.

If you suffer from Catarrh, start using Efedrex Jelly and Spray. You will secure relief from a distressing and painful complaint and breathe freely again.

MEALTIME in the SICKROOM

How to prepare and serve food for Invalids

INVALID COOKING, though plainer, is not radically different from ordinary home cookery. There must be the least strain on the digestion, coupled with the greatest possible nourishment. In this, the patient's appetite helps. To arouse it, and thus encourage digestion and recovery, observe *all* these rules always :

1. No cooking in the sick-room itself.
2. Little and often—*never too big a portion.*
3. *On time, please!* Waiting annoys and so spoils the appetite.
4. Daintiness always. Patients are so easily put off.
5. No delay in clearing away. Leave no food except fresh fruit.
6. *No crumbs.* When dry they feel like boulders in the bed. Brush sheets free.
7. Never the same dish twice.

A FEW RECIPES

CALF'S FOOT BROTH

Stew a calf's foot in three pints milk and water for three hours. Cool, remove fat, reheat broth with lemon-rind. Remove rind, thicken broth with egg-yolk beaten in milk, add salt and sugar to taste, and serve.

Always use a

Verisan

TOOTH BRUSH

because it's

1. **BRITISH**—*and the best of the British !*
2. **BRISTLE**—*pure hard-wearing Bristle throughout.*
3. **STERILISED**—*Safe from end to end.*
4. **GUARANTEED**—*If it doesn't satisfy we change it.*

In all shapes, sizes and degrees of hardness.

MEALS IN THE SICKROOM —*contd.*

OX-TAIL SOUP

Clear an ox-tail of fat, fry to a pleasing brown in butter, and drain off the butter. Add two quarts of cold water, an onion and salt and pepper to taste. Bring to boiling point and simmer gently for four hours. Strain, skim off the fat and reheat. Add vermicelli if desired and serve hot. *Note :* Invalid soups are never prepared from " stock."

FISH EGGS

Beat up three eggs and add a tablespoonful of milk and salt and pepper to taste. Heat two ounces of butter in a stewpan, add six ounces of freshly steamed fish and then, when thoroughly hot, the egg. Stir till the mixture thickens and serve on hot crustless toast.

ARROWROOT SOUFFLE

Rub to a smooth paste with cold milk one ounce of arrowroot. Stir in half a pint of boiling milk. Add a tablespoonful of granular sugar, a few drops of flavouring and a pinch of salt. Cook, stirring continuously, until the mixture leaves the sides of the pan. Beat in two egg-yolks. Whisk the whites and stir in gently. Bake gently in an oven-dish for 25 minutes.

INDIGESTION

Do you suffer from Heartburn, Wind, Belching or Palpitation? Do you have agonising days and restless nights through Gastritis, Dyspepsia, Colitis or Stomach and Duodenal Ulcers? No matter whether your Indigestion is in the slight early stages, or the more serious later stages, with its intense pain, De Witt's Antacid Powder can help you back to normal health.

For a free trial sample send name and address to E. C. De Witt & Co. Ltd. (Dept. V.P.), Croydon, Surrey.

We are content to rest on your judgment as to whether the sample has done you good. We know it will. After using the sample you can obtain the full size at all chemists, price 1/6.

DE WITT'S
ANTACID POWDER
FOR INDIGESTION 1/6

6D. **LILIA** 1/-

UNEQUALLED FOR COMFORT AND EASY DISPOSAL—AFFORDING PERFECT PROTECTION AND A UNIFORM ABSORBENCY MUCH GREATER THAN WITH OTHER TOWELS. BRITISH MADE BY BRITISH LABOUR, AND OBTAINABLE FROM 6d. TO 2/- PER CARTON AT THE ADDRESS ON COVER

1/6 2/-

POISONING Known or Suspected

Send at once for the Doctor

In the meantime act as stated below:

Poison	Symptoms	Treatment
ACIDS, Strong Mineral	Mouth blistered, with stains. Acute pain and usually vomiting. Nitric Acid gives yellow stain. Hydrochloric Acid (Spirits of Salt) gives angry red stain. Sulphuric Acid (Vitriol) gives black stain. Strong Acetic Acid smells of vinegar.	Administer half-an-ounce of chalk, whitening, wall plaster or magnesia, stirred up in water. When acid is neutralised, follow up with olive oil, gruel, milk or white of egg to assuage the pain. AVOID ALL EMETICS (substances that cause vomiting).
ALCOHOL (Acute Poisoning)	Leering, vacant expression, giddiness. Pupils dilated and fixed, pulse quickened. Sweating. Temperature of body lowered. Grave danger of collapse.	Keep patient awake. Apply cold douches to head and administer hot, strong coffee or tea. Wrap patient up well and put him to bed.
ARSENIC (Weed Killers, etc.)	Burning pain in stomach. Great thirst.	Administer emetics — (see below), later give drink of barley water or thin gruel. Apply warmth to extremities.
CAMPHORATED OIL	Odour of camphor in breath. Giddiness and faintness.	Give an emetic (see below). Apply warmth to extremities.
CARBOLIC ACID or LYSOL	White blisters around mouth. Strong carbolic odour.	Give one tablespoonful of Epsom or Glauber Salts in a tumbler of milk or water.
CAUSTIC ALKALIES (Caustic Soda, Caustic Potash, Strong Ammonia etc.)	Mouth blistered and white and slimy to touch. Acute pain as from acids.	Administer vinegar or lemon juice in water and, after alkali has been neutralised, give olive oil, milk or white of egg. If vinegar or lemon juice is not available, give solution of tartaric or citric acid of similar strength.

POISONING—(contd.)

Poison	Symptoms	Treatment
IODINE ..	Mouth stained. Pain and heat in throat and stomach.	Give water and starch freely. Afterwards give a drink of milk, thin gruel, etc.
PHOSPHORUS (Rat-paste, Matches, etc.)	Blistering around mouth, etc., as from acids. Pain in stomach, vomiting.	Administer emetics (see below). Afterwards give milk, thin gruel or white of egg. ALL OILS MUST BE AVOIDED.
PRUSSIC ACID	Giddiness, staggering, insensibility. Smell of bitter almonds.	Dash cold water on head, neck and spine. Apply artificial respiration. Hold smelling salts to nose. If patient can swallow, give alcoholic stimulants.
PTOMAINES (stale canned foods, etc.)	Shivering, colic, vomiting and purging. Great weakness.	Give an emetic (see below) and, when patient has vomitted, administer a purgative. Apply warmth to extremities.
SALT OF LEMON	Burning pain in stomach.	Administer half an ounce of chalk, whitening or wall plaster stirred up in water.
ZINC SALTS (Soldering Fluid, etc.)	Corrosion of the lips and mouth; vomiting.	Give two teaspoonfuls of bicarbonate of soda in water. Afterwards give milk liberally. AVOID EMETICS.

IMPORTANT. In all cases of poisoning, when sending for doctor state name of poison, if at all possible. Also, retain any vomited matter for the doctor's inspection.

Emetics for use in cases of poisoning

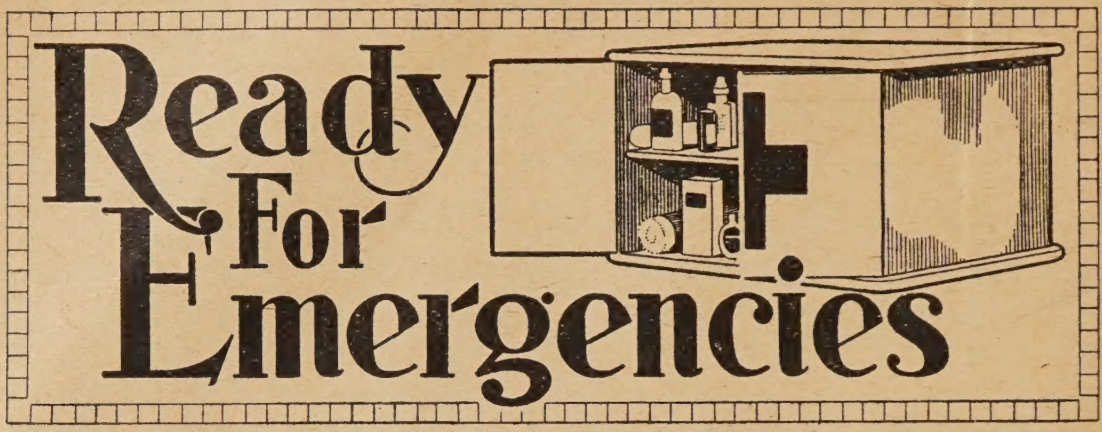
(1) MUSTARD

A tablespoonful in a tumblerful of luke-warm water.

(2) SALT

Two tablespoonfuls in a tumblerful of warm water.

Can you claim that in your home you are



Let's look more closely into the matter!

If yours is a well-ordered household you have long ago found a proper "home" for those half-used bottles of medicine that always seem to accumulate—and locked them up out of the children's reach! That, however, is not a Medicine Chest in the *highest* sense of the term. The real test is—does it enable you to deal with the emergencies that arise in "even the best-regulated families"?

Let Father reach down the key and we will investigate. Here are some of the things we *ought* to find:—

(1) APPLIANCES

Clinical Thermometer
Medicine Tumbler
Eye Bath
Pair of Tweezers (*for Splinters*)

(2) DRESSINGS (*Top Shelf, in case of leaky bottles*)

Cotton Wool (*swabs, etc.*)
Plain Lint (*for use with ointments*)
Boric (Pink) Lint (*best for wounds*)
Gauze
(*A small packet—say two ounces—of each of the items above is sufficient in most small families*).
Four Burn Dressings (*two small and two large*)
1-; 1½ and 2 inch Bandages

3. MEDICINES FOR EXTERNAL USE

Bicarbonate of Soda (*for burns*)
Tincture of Iodine and Camel-hair Brush (*for cuts*)
Witch Hazel (*for bruises*)
Linseed Meal (*for poultices*)
Kutisol Ointment (*a splendid "all-round" ointment for most purposes*)
Smelling Salts (*for fainting*)
Boracic Crystals (*for eye lotions*)
Electric Liniment (*for joint and muscle pains*)
Glycerin of Thymol (*for gargles*)

4. MEDICINES FOR INTERNAL USE

Syrup of Figs (*for children's constipation*)
Castor Oil
Chocoloids or Verisan Liquid Paraffin (*for constipation in grown-ups*)
Antigrippe (*stops colds at once*)
Phen-pyrin (*for headaches, etc.*)
Sal Volatile (*for fainting*)
Cream of Magnesia (*for indigestion; also for constipation in very young babies*)

When your Medicine Chest is up to this standard, you are prepared for most emergencies. *Then*, the important thing is to replenish quickly after you have used-up any item.

FIRST AID for HIKERS

As pastimes go, hiking is quite one of the safest, but sprains, cuts and blisters are not unknown, and a few simple First Aid items in the rucksack may save a "breakdown" on the road.

Do not overload yourself, or your precaution becomes a penance. You can obtain a ready-made pocket First Aid case, no larger than 4 in. x 3 in. x 1 in., which contains quite an astonishing variety of materials and, incidentally, a most valuable "book of words." Bandages can be improvised from handkerchiefs, slings from belts, splints from branches, and so on. Therefore, the only other essentials are a bottle of Witch Hazel and a phial of Iodine Paint (if not included in the outfit), although Sal Volatile (for fainting) and Surgical Spirit (for tender feet) will, on occasion, be worth their weight in gold.

For SPRAINS, if the sufferer is to continue walking, do not remove the shoe, but bandage firmly over both ankle and shoe, afterwards wetting the bandage. This gives support. On arrival, remove the shoe, cover the part with a soft pad saturated with Witch Hazel, and re-bandage.

For BLISTERS on the feet, puncture with a needle which has first been rotated in a gas flame. Squeeze out the fluid, apply Boric Ointment and cover with adhesive plaster.

For CUTS, wash thoroughly; paint with Iodine; and bandage.

For SORE FEET, apply Surgical Spirit after washing. Sprinkle Talcum Powder in socks.

Two Ways of Using

Q.V.R.O.

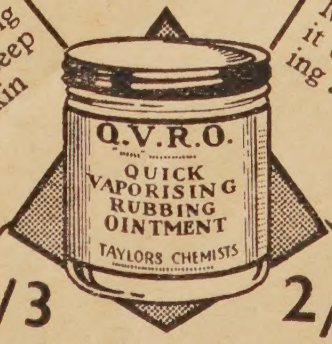
for

COLDS

RUBBING for CHEST Colds

Sets free its healing vapours to seep through the skin to the seat of infection.

1/3



INHALING for HEAD Colds

Mingled with steam, it eases the breathing and clears away Catarrh from the head passage.

2/3

Look for the Brand "Taycol" to make sure it is genuine Q.V.R.O.

AVERAGE WEIGHTS AND HEIGHTS of Infants and Adults

A. Birth to One Year Old.

Age	Weight	Height	Age	Weight	Height
Birth	7 lb.	19 in.	7 months	17 lbs.	
1 month	8½ ,,		8 ,,	17¾ ,,	
2 months	10½ ,,		9 ,,	18½ ,,	
3 ,,	12½ ,,		10 ,,	19¼ ,,	
4 ,,	14 ,,		11 ,,	19¾ ,,	
5 ,,	15 ,,		12 ,,	20½ ,,	27 in.
6 ,,	16 ,,				

The above table applies to boy babies. The weight of girl babies is usually rather less.

B. Age One to Age Thirty.

BOYS AND MEN				GIRLS AND WOMEN			
Age last Birthday	Height		Weight	Age last Birthday	Height		Weight
	ft.	in.	st. lb.		ft.	in.	st. lb.
1	2	5½	1 4½	1	2	3½	1 4
2	2	8½	2 4½	2	2	7	1 11¼
3	2	11	2 6	3	2	10	2 3½
4	3	1	2 9	4	3	0	2 8
5	3	4	2 12	5	3	3	2 11
6	3	7	3 2½	6	3	6	2 13¾
7	3	10	3 7¾	7	3	8	3 5½
8	3	11	3 13	8	3	10½	3 10
9	4	1¾	4 4½	9	4	0¾	3 13½
10	4	3¾	4 11½	10	4	3	4 6
11	4	5½	5 2	11	4	5	4 12
12	4	7	5 6¾	12	4	7½	5 6½
13	4	9	5 12½	13	4	9¾	6 3
14	4	11¼	6 8	14	4	11¾	6 12¾
15	5	2¼	7 4¾	15	5	1	7 8¼
16	5	4½	8 7	16	5	1¾	8 1
17	5	6¼	9 5	17	5	2½	8 3½
18	5	7	9 11½	18	5	2¾	8 9
19	5	7¼	9 13½	19	5	2¾	8 12
20	5	7½	10 3¼	20	5	3	8 11½
21	5	7½	10 5	21	5	3	8 10
22	5	7½	10 7	22	5	3	8 11½
23	5	7½	10 7½	23	5	3	8 12
24	5	7¾	10 8	24	5	2¾	8 9
25 to 30	5	7¾	10 12¼	25 to 30	5	2	8 8

C. Over Thirty Years.

For each year over 30, add on ¾lb. to the figure given for 25 to 30 in the above column.

Give up his Maltogen?

Johnny wouldn't part with it at first—said it was his! Nanny had to explain that perhaps Mummy wouldn't get better for quite a long time if she didn't take Maltogen to make her strong. Even then he was only finally won over by the promise of a new jar.

Of course, Johnny only knew he liked it. Nanny knew why—knew it was a splendid food that contained three vitamins, that built up strength and gave "fight" against illness.

Rich Cod Liver Oil, selected Extract of Barley Malt and Parrish's Chemical Food make Maltogen the finest possible "extra food" for both kiddies and convalescents.

A family jar costs 5/9. There are also smaller sizes at 3/6, 2/- and 1/2.

MALTOGEN

WEIGHTS and MEASURES

AVOIRDUPOIS WEIGHT

A grain = 1/7000 part of an Imperial standard Pound and is the same in all systems.

1 dram	27⅓ grains
1 ounce (oz.)	16 drams (437½ grains)
1 pound (lb.)	16 ounces
1 stone	14 pounds
1 quarter	28 pounds
1 hundredweight (cwt.)	112 pounds
1 ton	20 cwt.

Avoirdupois Weight is used in almost all commercial transactions and common dealings.

APOTHECARIES' WEIGHT

1 scruple	20 grains
1 drachm	3 scruples (60 grains)
1 ounce	8 drachms (480 grains)
1 pound	12 ounces (5760 grains)

Drugs are purchased by Avoirdupois Weight, but compounded by Apothecaries' Weight.

The Avoirdupois "dram" (27⅓ grains) and the Apothecaries' "drachm" (60 grains) are spelt differently, as shown.

APOTHECARIES' MEASURE

1 fluid drachm	60 minims
1 fluid ounce	8 fluid drachms
1 pint	20 fluid ounces

Physicians' instructions to patients are usually stated in teaspoonfuls and tablespoonfuls. A teaspoonful is equal to a fluid drachm and a tablespoonful nominally to 4 fluid drachms or half a fluid ounce.

In practice it is far safer, owing to the various sizes of spoons by different makers, to measure all medicine by means of a Medicine Measure.

LIQUID MEASURE

1 gill contains 8.665 cubic inches			
1 pint	...	...	4 gills
1 quart	...	...	2 pints
1 gallon	...	...	4 quarts

Buck up, man!

Don't give way to depression. Remember, it's probably a sign you have been drawing too heavily on your reserves of nervous energy. Your over-tired nerves are reacting on your mind, causing you to be irritable, anxious, "jumpy."

What you need is a good tonic. A short course of Magor's Phosphor Tonic will work wonders in you. You will regain your usual vigour and energy, throw off your gloom and become your bright, cheery self once more. Magor's is a "tonic in a thousand" for men and women of to-day. It enables you to "keep on top of" modern rush conditions. Buy a bottle to-day and *feel* the difference.

BOTTLES
1/3
3/-
5/-

MAGOR'S 1000 PHOSPHOR TONIC
The Tonic in a Thousand

LIQUID MEASURE—Con.

1 barrel ...	... 36 gallons
1 hogshead (of Ale)	... 54 gallons
1 butt (of Ale)	... 108 gallons

USEFUL KITCHEN MEASURES

An ordinary teacup and a quarter measure ½ pint.

A teacup holds approximately the following amounts of common commodities :—

Castor sugar	10 ozs.
Brown sugar	6 ozs.
Currants	6 ozs.
Raisins	6 ozs.
Flour	4 ozs.
Rice	8 ozs.
Coffee	4 ozs.

An ordinary tablespoon, level, holds roughly the following amounts :—

Fat	½ oz.
Coffee	¼ oz.
Flour	¼ oz.
Castor sugar	½ oz.

A heaped tablespoonful may be taken as equal to two level tablespoonfuls.

9 or 10 eggs go to 1 lb.

8 lumps of sugar go to 1 oz.

SOME STRANGE MEASURES

Firkin of butter ...	56 pounds
Firkin of soft soap ...	64 pounds
Box of fish	90 pounds
Bushel of apples	40 pounds (average)
Barrel of beef... ...	200 pounds
Stone of Butcher's meat	8 pounds
Barrel of gunpowder ...	100 pounds
Barrel of raisins ...	112 pounds
Pig of ballast ...	56 pounds
Sack of potatoes ...	168 pounds
Sack of flour ...	280 pounds
Chaldron of coals ...	85 bushels
Sack of coals	224 pounds
Small sack of coals ...	1 cwt.
Load of bricks ...	500
Box of camphor ...	1 cwt.
Matt of cloves ...	80 pounds
Chest of cloves ...	200 pounds
Caroteel of currants ...	5 to 9 cwts.
Quire of paper ...	24 sheets
Ream of paper ...	20 quires
Seam of glass ...	120 pounds
Last of hides	12 dozen
Pocket of hops ...	1½ to 2 cwts.
Fodder of lead (London and Hull)	19½ cwts.
Sack of wool ...	364 pounds

I would like all other INDIGESTION SUFFERERS to know

Read this amazing tribute to Moorland Indigestion Tablets

"Moorlands came as a godsend to me and will do the same to all those that give them a trial. I have been a sufferer from Indigestion for the last 3 years. I spent pounds in medicines, etc., and I was introduced to your tablets which cured me long before I had taken the first box, now I would not be without them as they are a specific for all internal troubles. I would like all Indigestion sufferers to know the best and most economical remedy—as I was pleased to know it." W. SMITH, HULL.

IMPORTANT

Moorland Tablets contain **15 ingredients** all necessary to relieve Indigestion at once and gradually remove its cause. **These ingredients are essential in every day diet.** Many present day factory-produced foods are deprived of their natural salts while the valuable salts and calcium in vegetables are boiled away. Moorland Tablets contain calcium and those essentials to good health. **Take two Moorland Tablets after meals and eat what you like.**

Family size 2/6 (Tablets) and large size Moorland Powder 1/3

MOORLAND BRAND INDIGESTION TABLETS

No proprietary rights claimed.

AT ALL CHEMISTS 7½D

Obtainable at address on cover.

COMMON STAINS

and how to remove them

1. PAINT
   (*a*) Wet. Comes out easily with turpentine or benzine.
   (*b*) Dried-in. Use equal parts methylated spirit and turpentine. Rinse with benzine, dry and wash with soap.
2. TAR OR PITCH
   Remove as much as possible with benzine. The remainder is very obstinate, as nothing will dissolve it. Prolonged washing will probably be effective in dislodging the minute particles.
3. OIL (in Carpets, etc.)
   Make a paste with Fuller's Earth and water, adding a little ox gall. Spread over the stain, leave untouched for 24 hours and brush off.
4. INK
   (*a*) If still wet, soak in milk, then wash in the ordinary way, using pale soap.
   (*b*) If dried-in, steep for some hours in a solution of oxalic acid. Avoid too much rubbing as removal is largely a question of time.
5. COPYING INK
   Use methylated spirit and ammonia.
6. TEA, WINE, FRUIT or BEER
   (*a*) If still fresh, use warm water only.
   (*b*) If dried-in, use potassium permanganate solution, except for coloured materials, when use methylated soap solution or ammonia and soap.
7. BLOOD
   Use water, followed by methylated soap solution.
8. SUGAR, SYRUP or GLUE
   Use hot water, followed by soap and water.
9. IODINE
   Treat with solution of "hypo."
10. PERSPIRATION
    Bleach with hydrogen peroxide.

FAIRY DYES
for all Home Dyeing

31
Shades to choose from

2d.
each

FAIRY LEATHER DYES

For Boots, Shoes and Leather Goods

Made in BLACK, BROWNS and COLOURS

6d.
per bottle

REMOVAL OF STAINS—*contd.*

11. SCORCH MARKS
Use a solution made to the following recipe: Boil together half-pint of dilute acetic acid, 2 ozs. of Fuller's Earth, the juice expressed from two chopped onions and two ounces of pale soap. Spread on the mark, leave overnight and wash off next day. Keep in a closed vessel for use when required.

12. IRON MOULD
Make a solution of citric acid and cream of tartar in boiling water and pour into a basin. Stretch the fabric over the basin and, dipping the stained part into the liquid from time to time, rub gently until the stain disappears.

13. GRASS
Use methylated soap solution.

14. MILDEW
Soap the article in buttermilk, cover with chalk and rub in. Spread in the sun.

POINTS TO REMEMBER IN USING PLASTERS

1. Never apply on damp or greasy skin. Treat the skin first with Surgical Spirit.
2. In cold weather warm slightly before applying.
3. With large plasters, place centre in correct position first and smooth gently outwards.
4. To fit a curved surface, make slits or use one of the new elastic plasters.
5. Large plasters (except Breast) may be cut into strips, and applied one above the other, overlapping about a quarter of an inch.
6. Removal is made easier with benzine or eucalyptus oil, dabbed on at the junction of plaster and skin.
7. After removal of plaster always smear the uncovered skin with vaseline or liquid paraffin.

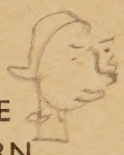
THE MEANINGS OF NAMES

ADA—A rich gift.
Adam—A he-man!
Adela, Adelaide—A Princess.
Adrian—A helper.
Aileen—A sunny nature.
Alan—A cheery soul.
Albert—The soul of brightness.
Alfred—Wise in counsel.
Alice—Noble.
Aline—Elfin.
Alma—Gentle.
Amy—Darling.
Andrew—Manly.
Angela—Lovely.
Angus—Virtuous.
Anne—Gracious.
Anona—Obscure.
Anthony—Born to win fame.
Arnold—Noble as an eagle.
Arthur—High-minded.
Audrey—Good at giving advice.
Augustus—Splendid.
BARBARA—A mad-cap.
Basil—Kingly.
Beatrice—Bringer of joy.
Bertha—Famous.
Beryl—Second-sighted.
Bing—A big noise!
Blanche—Passing fair.
Brian—A powerful orator.
Bride, Bridget—Radiant.
CARL, Carole, Caroline, Charles, Charlotte, etc.—A strong, noble spirit.
Catherine—Pure.
Cecil, Cecilia, Cicely—Blind.
Celia—A little bit of heaven.
Cedric—A chieftain.
Cherry—Loved-one.
Clara—Crystal-clear.
Clark—A writer.
Clement—Merciful, gentle.
Clifford, Clive—Firm.
Coleen—A maid.
Colin—A bringer of peace.
Constance—Faithful.
Cora—Warm-hearted.
Cuthbert—Magnificent.
Cynthia—Moon Goddess.
DAISY—Pearl.
Daphne—Crowned with honour.
David—Lovable.
Denis—Merry, companionable.
Diana—A huntress.
Dinah—A judgment.
Dolores—Grief.
Donald—Lofty-minded.
Dora, Doris, Dorothy—The Gift of God.
Duncan—A leader of men.
EDITH—Full of happiness.
Edmond—A protector.
Edna—Perfect happiness.
Edward—Happy in conquest.
Eileen, Elaine, Eleanor, Ellen—A spreader of light.
Elissa—A lone soul.
Elizabeth—A pledge of God.
Emma—A nurse.
Enid—Spotless.
Eric—Powerful.
Ernest—Earnest.
Esther—A bright star.
Eugene—Nobly born.
Evan—A fighter.
Eve—A giver of life.
Everard—Honoured.
FERGUS—Strong of arm.
Flora—A flower.
Frances, Frank—Free, open.
Freda, Frederick—Peace-loving.
GABRIELLE—God's heroine.
Gary—Sharp.
Gavin—Keen of perception.
George—A worker.
Geoffrey, Godfrey—God's peace.
Gilbert—Brilliant.
Gladys—Fair among maidens.
Greta—Same as Margaret.
Guy—Full of common sense.
HARRIET, Harry, Henry—Head of the house.
Heather—Lonesome.
Helen—Alluring.
Herbert—A fighter.
Hilda—A warrior.
Hugh—Lofty of purpose.
Humphrey—Peace-loving.
IAN, Ivan—Same as John.
Imogen—Lastborn.
Inez—A wee lamb.
Irene—Peace.
Iris—A fair flower.
Isabel—God's promise.
Ivy—Faithful, persistent.
JAMES—Astute.
Jane, Janet, Jean, Joan—Same as John.
Jessie—God's grace.
John—God's gracious gift.
Joyce—Merry.
Judith—Adoring.
KATHLEEN, Kate—Pure.
Keith—Kingly.
Kenneth—A born leader.
LAURA—Successful above others.
Lena—Lightsome as a fairy.
Leonard—Lion-hearted.
Llewellyn—Speedy.
Lucy, Luke—Beauty of the dawn.
MABEL—My beautiful one.
Madge—Same as Margaret.
Margaret, Marjorie, Rita—A pearl.
Martha, Mary, May—Bitter.
Martin—A fighter.
Maureen—Same as Mary.
Max—Greatest.
Michael—God-like.
Miriam—Bitter.
Mona, Monica—Solitary.
Morgan—A seaman.
Muriel, Myrna—Fragrant
NANCY—Graceful.
Neil—Chief.
Nigel—A "dark horse."
Norman—Man of the north.
Norma—Serene.
OLIVER—A peacemaker.
Olga—Holy.
Otto—Wealthy.
Owen—Well-descended.
PAMELA—Full of goodness.
Paul, Pauline—Wee.
Peter—A rock.
Peggy—Same as Margaret.
Phœbe—Light of life.
Phyllis—A pleasant refuge.
RALPH—Randolph, Rudolf—Helpful, sympathetic.
Ramon, Raymond—Quiet and peaceful.
Reginald—Sensible.
Ricardo, Richard—Powerful
Robert, Robin—Statesman-like.
Ruth—Forgiving.
SADIE, Sarah—A princess.
Simon—Obedient.
Sophie—Wise.
Stella—A star.
Susie—A lily.
TERENCE—Tender.
Theodore—Gift of God.
Thomas—A twin.
Timothy—God-fearing.
ULYSSES—Adventurer.
Undine—A water sprite.
VALENTINE—Powerful.
Valerie—Exuberant.
Vera—True.
Vivian—Alive, vital.
Virginia—Chaste.
WALTER—A conqueror.
Warren—A refuge.
Wilfrid—Peace-loving.
William—A resolute defender.
Winifred—A peacemaker.

CREAM of MAGNESIA

for

ACIDITY
FLATULENCE
HEARTBURN
CONSTIPATION



A safe and simple cooling laxative for infants.
A soothing antacid for adults.

1/3 and 2/3

Rheumatism yields to two-fold Attack

Great success has attended the treatment of Gout, Rheumatism, Arthritis and all Joint Pains by a method that involves attack upon two points at once. Outwardly, the joints are treated with Electric Liniment, resulting in a relief which the patient feels is of the greatest importance. It cannot be too greatly stressed, however, that the underlying cause thus remains untouched, and to remedy this position Electric Tablets were introduced. It was found that Electric Tablets, taken internally, were effective in preventing the deposit of the sharp, needle-like crystals which are chiefly responsible for the painful condition, and that the greatest benefit could be looked for when Electric Liniment and Tablets were used together, persistently, over a period varying with the intensity of the condition. The treatment is not a costly one, and is recommended to all sufferers from pains of a rheumatic nature. The Liniment costs 1/3 and 2/-, the Tablets 10½d. and 2/3.

Pet Corns ?

FIDDLESTICKS !

When people begin to talk about " pet corns," you know at once they are prepared to put up with corns for the rest of their lives. They have lost all faith that their corns will yield to treatment. *They have never used No. 13 Corn Cure* !

Users of No. 13 Corn Cure never again submit to the agony of corns. No " favourite corns " for them ! No. 13 shifts the most stubborn, and entirely eradicates the deepest-seated.

It's an unlucky day for corns when they meet No. 13. Buy a bottle to-day and walk, dance, run or jump without ever an anxious thought for the corns you used to have !

No. 13 CORN CURE

Unlucky for Corns

BOTTLES

7½d.

• the transformation of "cinderella" •

"OH, dear," said Cinderella, "if only I could spend as much on beauty treatments as my sisters, perhaps I should stand a chance at the ball."

"Nonsense," said the Fairy Godmother, "you could do just the same at home. Look at your skin."

"My skin?" said Cinderella.

"Why, yes" answered the Fairy Godmother. "What powder are you using?"

"*Rachel*," said Cinderella, "but I can't get it to stay on, somehow."

"It's quite the wrong colour, in the first place. With your very fair hair you need a *Pearl* or *Flesh*. Only brunettes should use *Rachel*. If you were sunburnt, we'd make you look perfectly lovely with *Peach*, but I suppose you can't help having to stay indoors.

by "Susette"

What's more, you won't get it to stay on without preparing your skin to take it. To-night, when you go to bed, coax some *Stahls' Cold Cream* into the skin with the tips of the fingers. That will soften it and cleanse it of impurities. Then to-morrow, and always in the daytime, use *Stahls' Vanishing Cream*. As a base for powder, that's quite the best thing. But your skin's only a start, poor girl. You'll never look attractive with your eyebrows like that."

"No?" said Cinderella meekly.

"You've been plucking your eyebrows without any regard to the nature of your features. With your full lips you want fairly heavy eyebrows—not that thin line you're wearing. And speaking of lips, that colour doesn't suit you a bit. What is it?"

"*Tangerine*," said Cinderella.

"Wait until you're sunburnt before you use that; just now you need *Rose*."

"My eldest sister has some *Deep Rose*. Will that do?" asked Cinderella.

"No," answered the Fairy Godmother firmly, "that's for darker people altogether. Now let's look at your hands. Terrible," she said as she looked at them, "I don't believe you take a bit of trouble with them."

"Well I—I don't have a lot of time," Cinderella excused herself.

"You must make time. First of all get those stains off with salt and lemon juice. Then wash the hands with *Stahls' Castile Soap*—it's quite the purest soap—and soften the water with a little oatmeal—it's splendid for whitening the skin. Then take an orange stick and use it to apply *Stahls' Cold Cream* to the cuticle. As a precaution put on a pair of gloves before you get into bed. In the morning you will be ready to use *Dinkie Cuticle Remover*."

"How do I use that?" asked Cinderella.

"Also with an orange stick," replied the Fairy Godmother, "afterwards, use *Dinkie Nail Varnish*—with *Rose* lipstick you'll want *Coral Pink*."

"Oh," said Cinderella, "shouldn't you use the same shade?"

"You can," was the answer, "but in many cases it is preferable to use a lighter shade to tone—*Rose* with *Carmine*, *Natural* with *Pink* and so on. Of course," she went on, "there are more things to be done before we can pass you as perfect, but get these attended to, and you will be amazed at the transformation. Oh—and one last word! Your eyes look tired, child. It's not to be wondered at, considering. But everyone needs to bathe the eyes periodically. An occasional bath with Eye Lustrant Lotion freshens them up, removes the effects of grime and fumes, and gives them 'life' and sparkle. Now run away and—*don't disgrace me at the dance!*"

Stahls

Beauty Preparations

A delicate skin demands pure, dainty preparations as the essentials of any beauty treatment. The STAHLS products will be found extremely beneficial and beautifying. Each one represents the purest, most exquisite preparation of its class.

Cold Cream	*Jars* 1/- *and* 1/6
Vanishing Cream	*Jars* 1/-
Castile Soap	*Tablets* 4*d.* *and* 6*d.*
Bath Soap	*Tablets* 7*d.*
Olive Oil Petals	*Bags* 10½*d.*
Eye Lustrant Lotion	*Bottles* 1/6
Hair Dye (*Black, Brown, Dark Brown, Light Brown*)	*Bottles* 2/-
For Men :—	
Tonic Hair Dressing	*Bottles* 1/6

POISONED SYSTEM AND RHEUMATISM

Mr. **FOSTER, 40, Hill St., Cobridge, Stoke-on-Trent,** writes :—"I was suffering from a **Poisoned System** caused through assisting to make **Poison Gas** for the war. This developed into **Rheumatism.** I was reduced to 7 st. 8 lbs., was a complete wreck, and thought it only a matter of time with me. A friend advised me to take Vitadatio, and thank God I heard of it, for it made me a new man. I now weigh 11 st. 6 lbs., can walk miles, and feel better than I ever did."

ANAEMIA AND RHEUMATISM

Mrs. BROWN, 22 Rowland Pl., Dewsbury Rd., Leeds, writes : "I started taking Vitadatio when I suffered from **Anaemia** and **Rheumatism,** and before very long I felt a different person altogether, and much stronger. I have praised Vitadatio to my friends, many have been well satisfied with the results. I thought it my duty to tell you of the wonderful results it had upon me. I can now do all my own work, and have a big house to follow."

Vitadatio

The World Renowned
Herbal Tonic & Blood Purifier

is invaluable in cases of **RHEUMATISM, BLOOD TROUBLE. LIVER, KIDNEY and STOMACH COMPLAINTS.**

If you are a sufferer do not despair. It has succeeded when all else has failed.

THERE IS NO SUBSTITUTE FOR VITADATIO. GET A BOTTLE TO-DAY

Sold by all Branches of

Taylors BRITISH CHEMISTS Parkes CHEMISTS

and at the address on cover.

Send for FREE BOOK of TESTIMONIALS
To VITADATIO, Box 2, ARMLEY, LEEDS

KIDDIES' CORNER

COMPLETE THE "ROWS"

Example :—The "row" that runs on a wheel—Bar-row.

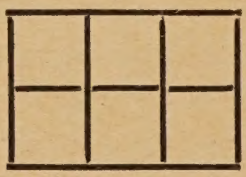
1. The "row" that needs cheering up.
2. The "row" that the plough makes.
3. The "row" that follows the plough.
4. The "row" that follows to-day.
5. The "row" in the dog's bone.
6. The "row" the rabbit lives in.

A RIDDLE

Five hundred in front and five hundred behind
And five in the middle you'll readily find :
Now take the first letter they teach you at school ;
And then the first figure—as straight as a rule.
Add all these together and what does it bring ?
The name of an eminent Biblical King.

A MATCH PUZZLE

Take seventeen match-sticks and form them into six squares, thus :—



Now, by removing only five matches can you leave no more than three perfect squares ?

An easy way to economise—

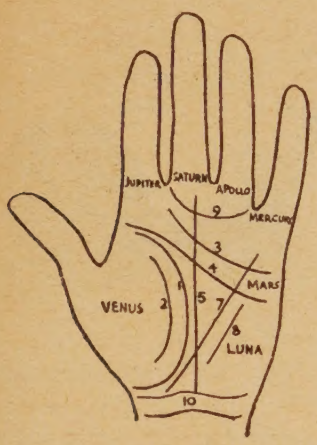
PRESERVING EGGS

All-the-year-round supplies at the lowest prices

The best method of preserving eggs is by means of Water Glass. Mix 1 lb. with a gallon of boiling water and allow to become quite cold. Put into a pan (earthenware if possible) and after washing the new laid eggs, place in the solution. Insert no more than can be completely covered. Replace lid over pan.

YOUR HAND

What does it tell?



THE READING OF CHARACTER from the hand is usually based on markings of the left hand, the right hand being used for corroboration if necessary.

The hand is divided up into "plains," "mounts" and "lines." The mounts are the fleshy pads at the base of each finger, in this order: *Thumb*—VENUS; *first finger*—JUPITER; *second*—SATURN; *third*—APOLLO; *fourth*—MERCURY. There are two additional mounts: MARS, below Mercury, and LUNA between Mars and the wrist. The plain of Mars is the centre of the palm.

1.—LINE OF LIFE should encircle the Mount of Venus. A long, regular, deep but narrow line, soft in colour, denotes long, healthy life and good character.

2.—LINE OF MARS is indicative of the passions and should be of a clear red colour.

3.—LINE OF HEART connects the Mount of Jupiter to the Mount of Mercury. A deep narrow line of good colour indicates a firm affection and even temper.

4.—LINE OF HEAD extends from the Mount of Jupiter to the Mount of Mars. Strong will, and clear judgment are shown by a long, even and narrow line.

5.—LINE OF FORTUNE should run in an unbroken line from wrist to Mount of Saturn. A broken line indicates troublous times.

6.—LINE OF APOLLO proceeds from the line of life to the Mount of Apollo. This is rarely very clear, and indicates wealth or artistic fame.

7.—LINE OF HEALTH starts under the Mount of Venus and proceeds to the Line of Head. It is not often very clear.

8.—A line from the wrist across the Mount of Luna indicates a cunning nature, but this must not be confused with the line of health

9.—GIRDLE OF VENUS forming an arc encircling the Mounts of Saturn and Apollo is a sign of bad character.

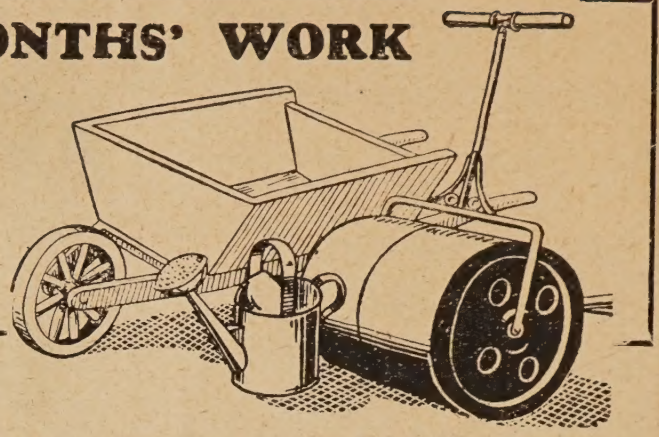
10.—BRACELETS OF LIFE encircle the wrist and denote long life, fortune and happiness, particularly if they rise in the middle.

"I nearly gave up! One thing helped me to carry on ...

For weeks I had been run down. I was so depressed I nearly gave up. Then I saw Tonic Phosphorettes recommended for exhaustion. Since I started taking them I have picked up wonderfully. My nerves are better, my appetite is better, I seem to live more fully. They say Tonic Phosphorettes are first of all a *nerve* tonic and I think that must be the secret, for now I feel fit for anything."

TONIC PHOSPHORETTES will brace you up, too. Fatigue, listlessness, lack of vitality, will soon become things of the past. Start upon a course now. A small tin costs 1/3, standard size 3/-.

TWELVE MONTHS' WORK in the FLOWER GARDEN



JANUARY

A busy time for those with greenhouses. Pentstemon, Cherry Pie Heliotrope, Indian Shot, Scarlet Sage and Tufted Pansy should all be sown this month.

For lesser mortals, little beyond cutting off dead tops of border plants, examining stored roots and bulbs (Dahlia, Gladiolus, etc.) and protecting Christmas Roses (if any) from frost. Japanese Stonecrop and Jew's Mallow can be divided.

FEBRUARY

The greenhouse has it again, with sowings of Japanese Pink, Delphinium, Gaillardia and Border Chrysanthemum.

Outdoors a little pruning is useful—Clematis and Buddleia; whilst Monkshood, Tiger Lily and Scarlet Lobelia should be divided and Rose Trees planted.

MARCH

Outdoor sowing season commences in earnest. Mignonette, Love-in-a-Mist, Larkspur, Poppies, Clarkia, Stocks, Candytuft—annuals all—should be sown thinly in final position, and bulbs of Cape Hyacinth planted in the mixed flower border. Try and find time to prune Mountain Sweet, if any.

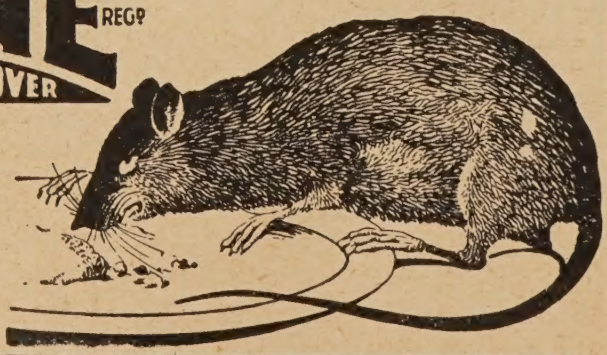
APRIL

Still some pruning: Bush Roses now and Golden Bell Shrub. A little sowing: Godetia, Eschscholtzia, Nigella and (no matter how poor the soil) Nasturtium. Outdoor beds to find for Border Carnations. Perennials to propagate by cuttings and Pampas Grass by dividing. Altogether a busy month (between the showers).

"RODINE" REG?
RAPID RAT REMOVER

Where rats and mice are, there is always danger of food contamination. Get rid of these disease-carrying pests quickly and surely with Rodine—the raticide which never fails.

7½d. & 1/3 From address on cover or direct: Rodine Works, Perth, Scotland



MAY

No pruning, thank goodness, but plenty of planting: Double Daisies, Canterbury Bells, Lupins, Columbines, Calceolarias and Wallflowers. Honesty will flourish in odd corners. Transplant Pentstemons and Tufted Pansies from the greenhouse and thin out annuals judiciously.

JUNE

Pruning again—this time flowering shrubs and Deutzia—and weeding at all spare moments! Sow seeds of Cornflower, Forget-me-not, Coreopsis Geum, Oriental Poppy, Foxglove and Stocks. Plant out Dahlias. Shrubs may be propagated with cuttings if desired.

JULY

Keep weeding. Water if necessary (and if permitted). Prune Rambler Roses and Wistaria. Transplant Wallflower, Polyanthus, Aubretia and Double Daisy. Sow seeds of Fairy Wallflower, Campion and Pyrethrum. Layer Carnations. Keep weeding.

AUGUST

Take cuttings of Lavender, Pansy and Fuchsia. Plant bulbs of Winter Aconite and Madonna Lily. Sow seeds of Snapdragon, Delphinium, Hardy Annuals (second sowing) and Iceland Poppy. Take holiday (if any).

SEPTEMBER

Prepare for Winter by planting Snowdrops and for Spring with Daffodil, Iris and Narcissus. Sow Salvia, Sweet Pea and Poppy. Lift and divide Leopard's Bane, Double Daisy and Lyre Flower.

OCTOBER

A cutting time for the most part. Cuttings of Roses, Calceolaria, Pentstemon and Viola should now be taken! Lift and store Begonia and Fuchsia. Transplant Polyanthus. Lift and divide London Pride.

NOVEMBER

Best month for planting Roses, Star of Bethlehem, flowering shrubs. Re-furnish window boxes. Protect tender plants with ashes. Plant Anemone, replant Lily of the Valley and lift Dahlia roots.

DECEMBER

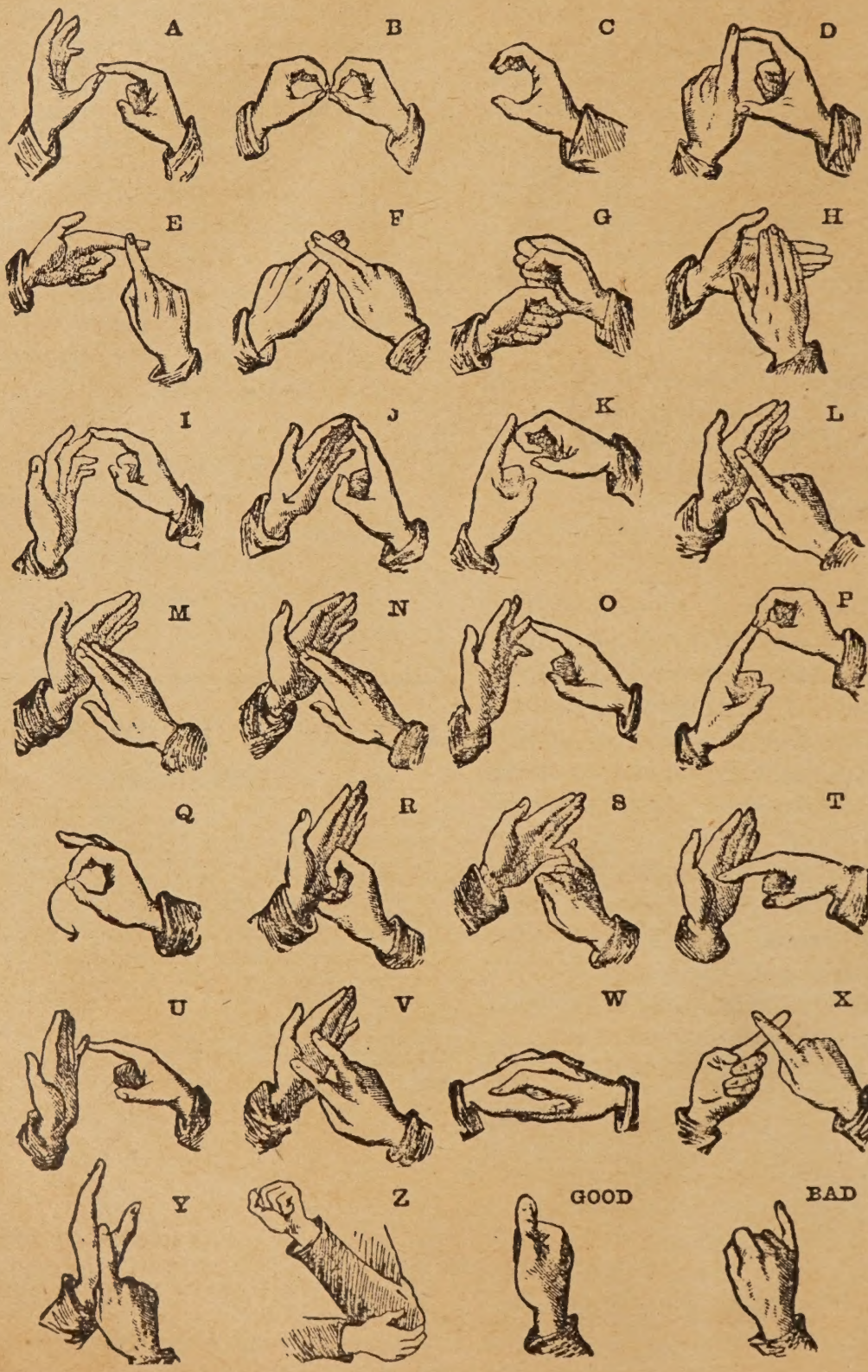
A quiet month to finish up with. Examine stored bulbs, roots, etc., for decay. Towards end of month collect holly, mistletoe, etc., for interior decoration.

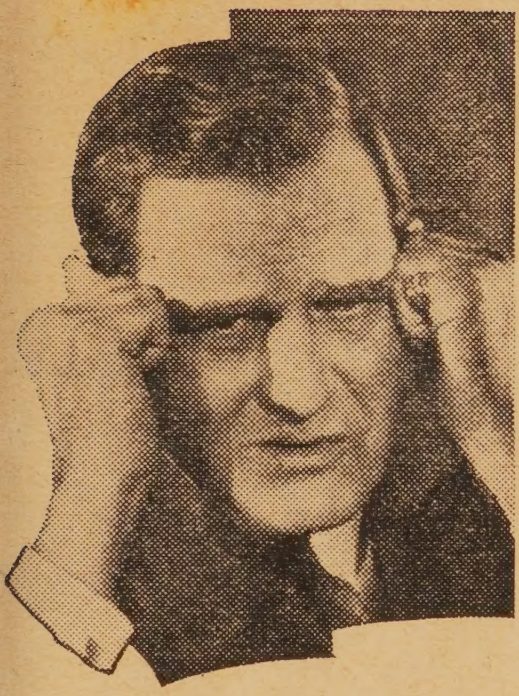
KIDNEY TROUBLES ENDED

Sufferers from Kidney complaints are agreed that the onset of Backache comes suddenly, without warning. Possibly there is a slight, insistent pain in the back or perhaps a sediment in the urine to foretell severe pain later. Apart from these symptoms, Kidney and Bladder troubles are liable to get a thorough hold on the system before they are even heeded. Once they have invaded the system, they become almost impossible to eradicate. You need not—you ought not—to let your Kidneys get into this state. Start a course of Buchu-Juniper Pills NOW.

Harden-Griffiths Pills tone and strengthen the Kidneys, enabling them to function correctly by eliminating from the system the excess of Uric Acid that is the main cause of Backache, Rheumatism, etc. With the Kidneys once restored to normal, they are themselves able to check urine deposits and purify the blood. Harden-Griffiths Buchu-Juniper Kidney Pills give speedy relief in all Kidney and Bladder complaints and are extremely beneficial in cases of Bright's Disease, Gravel or Stones in the Bladder, etc. Prices 1/3 and 3/-.

THE DEAF AND DUMB ALPHABET.





No More
SPLITTING
HEADACHES

Next time you have a headache, take Phen-Pyrin. Your headache will go at once. Phen-Pyrin is a marvellous blending of two important nerve sedatives that acts immediately on headaches, toothache, neuralgia—in fact on all nerve pains. You can take Phen-Pyrin with confidence because it does not affect the heart. Taken at the first sign of feverishness it cuts out Influenza and Colds. Keep Phen-Pyrin handy to end pain at the first onset.

Phen Pyrin TABLETS

Bottles of 25, 1/-; 50, 1·9.
Trial Tubes of 5, 3d.; 10, 6d.

HERBS

for Health & Appetite

From very early times the herbalist has had a renown as a man of healing, which perhaps was not always justified. When we read of some of the strange potions concocted by some early practitioners we are led to wonder how their reputation was maintained.

Nevertheless we must be grateful to them for amassing a store of information which is available for our profit to-day. We now know which herbs are valuable and which are not, which are worth a place in the kitchen and which are better left alone.

Yet, herbs are all too little used in cooking, at any rate in this country. They often have health-giving properties quite apart from their use for flavouring, and English housewives would do well to follow the example of their continental sisters in making wider use of them.

Mint and sage are, of course, the most popular over here and "sage and onions" is an appetising accompaniment to pork in many a thousand homes in the season, but many other herbs are equally fragrant. Sweet basil, borage and chervil are by no means so well known as they deserve to be. Each of these is excellent for salads, especially when young and fresh, and is well worth a place in your kitchen garden. In the dried state they are useful, particularly for soups.

Fennel makes a splendid flavouring for fish sauces, as well as for garnishing. Coriander is good for soups and salads.

Herbs for Health & Appetite (*contd.*)

If you grow parsley—as all good gardeners should—remember to keep it away from footpaths, where the dust and grit spoil its freshness. Purslane has a similar name, but quite a different use. Its leaves are used in making pickles.

Rosemary from the flower garden has earned a reputation for curing headaches—and also for stimulating the growth of hair! Rue is too bitter a herb for most tastes but some use it for garnishing. As a change from mint for boiling with peas, why not try Summer Savory? This herb is very delectable, especially if pulled whole at the flowering season. Tarragon is a herb that will improve your home-made pickles, whilst for colouring and flavouring puddings and other dishes Tansy is used by those who know its good points. For stuffings, Marjoram is in demand, either fresh or dry.

In fine, the possibilities of herbs are hardly realised by most people and the added zest they give to even the most appetising meals is well worth investigating. For those with gardens, herbs fully deserve the small space they occupy and it should be noted that nowadays you can obtain dried herbs of excellent quality for a few pence at certain Chemists.

Health Hints for DOG OWNERS

DIET

EVERY DOG needs raw meat at least once a week—some varieties every day. To try and make a dog a "vegetarian" is both foolish and cruel, whilst the suggestion that meat makes him smell or gives him worms is quite untrue.

A mature dog needs only one meal a day; a puppy three or four (of sloppy foods). A useful variant from the usual biscuit is a rusk that has been treated with *Violet Rays* to increase vitamin-value. These rusks can be obtained in shilling packets from the Chemist on the cover.

WORMING

PUPPIES should always be "wormed" as soon as they are weaned—that is, before they are allowed any solid food. For puppies, the best way of administering medicine is in the form of *capsules*. If dipped in milk or water, capsules slip down easily and dissolve readily in the lower bowel.

Never "worm" a dog that has distemper or a chill.

FOR YOUR DOGS

An occasional dose of ***Benbow,*** the world-famous tonic with a reputation of 100 years, will keep your dogs fit and well. If they are not quite "up to the mark," give them ***Benbow***—not only a medicine but a real livener. For their sake you must insist on ***Benbow*** and avoid useless and harmful imitations.

IN BOTTLES FROM 1/6 AND CAPSULES AT 3/- PER BOX, FROM YOUR CHEMIST

If you would charm with bright eyes, and be admired for a smooth, soft, lovely complexion, place a very high importance on *internal* cleanliness. The most exquisite of soaps cannot clear away blemishes that arise from poisons in the blood-stream; eyes lose their beauty when constipation steals their sparkle. You gain both loveliness and liveliness from **a dose of Chocoloids as soon as ever the first signs of constipation appear**—a reluctance to be active or energetic; a feeling that the blood in your veins is leaden; a sluggish, heavy feeling—perhaps a headache. In modern conditions it is very hard to avoid deadening constipation without an occasional laxative—and pure, vegetable, chocolate-coated CHOCOLOIDS are the handiest and best.

Constipation cheats you of CHARM— your remedy is

Chocoloids definitely dispel constipation by helping nature to assert itself. They act gently, encouragingly, but firmly until a normal habit is re-established. There is no ingredient that is not purely vegetable, no flavour but a slight taste of the chocolate coating as you swallow them.

CHOCOLOIDS

Chocoloids are prepared by expert pharmacists in accordance with the formula of an eminent Physician, and are intended for the treatment of all Stomach and Liver disorders as well as for Constipation.

No Griping or Habit-forming

Chocoloids are scientifically blended to give complete action every time. There are no harmful, no griping, no habit-forming ingredients. You can obtain them from any Chemist. To make sure, buy a tin to-day at the address on the cover of this booklet.

1/3 and 2/6

A PAGE OF SPORT

LAWN TENNIS

WIMBLEDON CHAMPIONSHIPS
Winners since the War

Men

Year	*Name*	*Country*
1919	G. L. Patterson	Australia
1920	W. T. Tilden	U.S.A.
1921	W. T. Tilden	U.S.A.
1922	G. L. Patterson	Australia
1923	W. M. Johnston	Gt. Britain
1924	J. Borotra	France
1925	R. Lacoste	France
1926	J. Borotra	France
1927	H. Cochet	France
1928	R. Lacoste	France
1929	H. Cochet	France
1930	W. T. Tilden	U.S.A.
1931	S. B. Wood	U.S.A.
1932	H. E. Vines	U.S.A.
1933	J. Crawford	Australia
1934	**F. J. Perry**	**Gt. Britain**

Women

Year	*Name*	*Country*
1919	Mlle. S. Lenglen	France
1920	Mlle. S. Lenglen	France
1921	Mlle. S. Lenglen	France
1922	Mlle. S. Lenglen	France
1923	Mlle. S. Lenglen	France
1924	Miss K. McKane	Gt. Britain
1925	Mlle. S. Lenglen	France
1926	Mrs. L. A. Godfree	Gt. Britain
1927	Miss. H. Wills	U.S.A.
1928	Miss H. Wills	U.S.A.
1929	Miss H. Wills	U.S.A.
1930	Mrs. H. Wills-Moody	U.S.A.
1931	Frl. Aussem	Germany
1932	Mrs. H. Wills-Moody	U.S.A.
1933	Mrs. H. Wills-Moody	U.S.A.
1934	**Miss D. Round**	**Gt. Britain**

ELASTOPLAST

The Modern Elastic Plaster ; instantly applied to cuts, wounds and abrasions ; remains firmly in position without bandage or fastener ; does not restrict movement, or irritate sensitive skins.

THE NEW IDEA IN FIRST AID

In handy pocket tins at 3d., 6d. and 1/-. For boils the most comfortable and effective dressing is an Elastoplast Boil Plaster, sold in cartons of 3 for 6d. Prompt relief without pull or drag.

ELASTOPLAST

GOLF

OPEN GOLF CHAMPIONSHIP
Winners since the War

Year	*Name and Country*	*No. of Strokes*
1920	George Duncan, G. Britain	303
1921	Jack Hutchison, U.S.A.	296
1922	Walter Hagen, U.S.A.	300
1923	A. G. Havers, Gt. Britain	295
1924	Walter Hagen, U.S.A.	301
1925	Jim Barnes, U.S.A.	300
1926	R. T. Jones, Junr., U.S.A.	291
1927	R. T. Jones, Junr., U.S.A.	285
1928	Walter Hagen, U.S.A.	292
1929	Walter Hagen, U.S.A.	292
1930	R. T. Jones, Junr., U.S.A.	291
1931	T. D. Armour, U.S.A.	296
1932	Gene Sarazen, U.S.A.	283
1933	Craig Wood, U.S.A.	292
1934	**Henry Cotton, Gt. Britain**	283

A PAGE OF SPORT (*contd.*)

CRICKET

TEST MATCH RESULTS

Season	Won by England	Won by Australia	Drw.
1876–77	1	1	0
1878–79	0	1	0
1880	1	0	0
1881–82	0	2	2
1882	0	1	0
1882–83	2	2	0
1884	1	0	2
1884–85	3	2	0
1886	3	0	0
1886–87	2	0	0
1887–88	1	0	0
1889	2	1	0
1890	2	0	0
1891–92	1	2	0
1893	1	0	2
1894–95	3	2	0
1896	2	1	0
1897–98	1	4	0
1899	0	1	4
1901–02	1	4	0
1902	1	2	2
1903–04	3	2	0
1905	2	0	3
1907–08	1	4	0
1909	1	2	2
1911–12	4	1	0
1912	1	0	2
1920–21	0	5	0
1921	0	3	2
1924–25	1	4	0
1926	1	0	4
1928–29	4	1	0
1930	1	2	2
1932–33	4	1	0
1934	1	2	2
In Australia	32	38	2
In England	20	15	27
Total	**52**	**53**	**29**

COUNTY CHAMPIONS

(Since 1901)

1901	Yorkshire	1919	Yorkshire
1902	Yorkshire	1920	Middlesex
1903	Middlesex	1921	Middlesex
1904	Lancashire	1922	Yorkshire
1905	Yorkshire	1923	Yorkshire
1906	Kent	1924	Yorkshire
1907	Nottingham-shire	1925	Yorkshire
		1926	Lancashire
1908	Yorkshire	1927	Lancashire
1909	Kent	1928	Lancashire
1910	Kent	1929	Nottingham-shire
1911	Warwickshire		
1912	Yorkshire	1930	Lancashire
1913	Kent	1931	Yorkshire
1914	Surrey	1932	Yorkshire
1915-1918	No Contest	1933	Yorkshire
		1934	Lancashire

RHEUMATISM

Thousands of men and women who once suffered "untold agonies" are ready to tell you that De Witts Kidney and Bladder Pills can, and will, quickly end your miserable weakness and suffering. Take these famous pills for a little while. In 24 hours you will see how they have acted on the kidneys, and if you will persevere their blood-cleansing, tonic action will make you pain-free, healthier, younger than ever.

For a free trial sample send name and address to E. C. De Witt & Co. Ltd. (Dept. V.K.), Croydon, Surrey.

DE WITTS

BRAND

Kidney and Bladder PILLS

Sold only in the blue, white and gold boxes, price 3/-. Larger, more economical size, 5/-

Put the "ees" in feet

by using

"Hobson's Choice" FEET PLAISTERS POWDERS

Reg. Trade Mark

Invaluable to Ramblers and all Athletes.

Though low in price there are no better feet preparations on the market—a fact proved by over 40 years reputation.

PLAISTERS, improved with strapping plaister. Also 1½d. and 3d. sizes. **4½d.**

POWDERS, in dredger boxes. Also in 1d. pkts. **4d.**

FROM ADDRESS ON COVER

Hobson Trimble & Co. Ltd. Leeds

POSTAL Information

INLAND

LETTERS

Not exceeding 2 oz., 1½d. For every additional 2 oz., ½d.

Limits of size—length, 2 ft.; width, 1 ft.; depth, 1 ft; in roll form—length, 30in.; diameter 4in. No weight limit.

POST CARDS

Size to be not more than 5¾in by 4¼in., and not less than 4in. by 2¾in., 1d.

Reply paid, 2d.

BUSINESS REPLY CARDS AND ENVELOPES

(Licence Required)

Ordinary postage, plus ½d.

NEWSPAPERS

(Registered at G.P.O.)

Not exceeding 6 oz. (per copy) 1d.

For every additional 6 ozs. up to 2 lb., ½d.

"BLIND" LITERATURE

(Papers or Books in "Braille")

Not exceeding 2 lb., ½d.; 2 to 5 lb., 1d.; 5 to 6½ lb., 1½d.

PRINTED PAPERS

For every 2 oz. or part of 2 oz., ½d.

Limit of weight, 2 lb. Limits of size as for letters. Must be open to examination and must be posted before the time fixed by the local Post Office.

SAMPLES

(Trade only)

Not exceeding 4 oz., 1d.; 4 to 6 oz., 1½d.; 6 to 8 oz. (maximum), 2d.

PARCELS

Not exceeding 2 lb., 6d.; 2 lb. to 5 lb., 9d.; 5 lb. to 8 lb., 1/-; 8 lb. to 11 lb., 1/3.

Limit of weight, 11 lb.; limit of length, 3 ft. 6 in.; limit of length plus girth, 6 ft.

REGISTRATION

Minimum fee 3d. Any letter, parcel or postal packet may be registered. Must be handed to a Post Office Official and a receipt obtained.

POUNDAGE ON POSTAL ORDERS

Up to 2/6, 1d.; 2/6 to 15/-, 1½d.; 15/- to 21/-, 2d.

POUNDAGE ON MONEY ORDERS (Inland)

Sums up to £3, 4d.; £3 to £10, 6d.; £10 to £20, 8d.; £20 to £30, 10d.; £30 to £40, 1/-; Maximum £40.

Telegraphed: as above plus cost of telegram and fee of 2d.

TELEGRAMS

First 12 words 1/-; each additional word 1d. Sundays 6d. extra. Telegrams to Irish Free State: first 12 words 1/6.

Night telegraphed letters, for delivery next morning (between certain specified towns only) 36 words or less, 1/-; every additional three words, 1d.

RADIOTELEGRAMS

Radiotelegrams for ships at sea may be handed in or telephoned to any Post Office at which telegraph business is transacted. Charges vary according to route, etc.

CASH ON DELIVERY

Fees: up to 10/-, 4d.; 10/- up to £1, 6d.; £1 to £2, 8d.; £2 to £5, 10d.; for every additional £5 up to £40, 2d.

OVERSEAS

LETTERS

(British Empire and U.S.A.). Not exceeding 1 oz., 1½d.

For every additional oz., 1d.

(Other Countries). Not exceeding 1 oz., 2½d.

For every additional oz., 1½d.

POST CARDS

For all countries overseas, 1½d. Reply paid, 3d.

PRINTED PAPERS AND COMMERCIAL PAPERS (including newspapers)

Per 2 oz., ½d.; Minimum, 2½d.

MAGAZINE POST TO CANADA AND NEWFOUNDLAND

Up to 2 oz., ½d. (as Printed Papers); 2 oz. to 6 oz., 1/-; 6 oz. to 1½ lb., 1½d.; Each additional ½ lb., ½d.

SAMPLES

For first 4 oz., 1d. For every additional 2 oz., ½d. Must be fully prepaid.

SMALL PACKETS

Per 2 oz., 1½d. Minimum, 6d. Limit 2 lb. Must be fully prepaid.

TELEGRAMS

France, Belgium, Holland, Denmark, Norway and Sweden, 2½d. per word. Germany, Switzerland, Italy and Spain, 3d. per word. Minimum 1/3.

AIR MAIL

LETTERS

Any kind of letter or paper may be sent if in accordance with ordinary Postal regulations. Packets may be registered. A blue Air Mail label, free at any Post Office, must be affixed to the top left hand corner of every Air Mail package; stamps to amount of combined postage and Air Mail fee to top right hand.

PARCELS

Usual Parcel regulations. Label to be affixed wherever addressee's name appears.

For further particulars regarding Air Mail see special pamphlet obtainable at any Post Office.

HINTS for the HANDYMAN

STAINING WOOD

An excellent stain for floors, etc., is made by thinning Brunswick Black with Turpentine to give the desired shade. This brings out the beauty of the grain and gives a semi-gloss finish. The best black finish (glossy) is obtained with Black Lacquer, after sizing.

For Cabinet work, it is perhaps better to use one of the prepared Varnish Stains available in shades of Oak, Mahogany, Walnut, etc. Any of these materials can be obtained from the Chemist on the cover.

FERTILIZERS IN THE GARDEN

TO PROMOTE GROWTH use Sulphate of Ammonia or Nitrate of Soda (1 oz. per sq. yd. ; ½ oz. to gall.).

TO INCREASE FRUITFULNESS use Superphosphate (4 oz. per sq. yd. ; 2 oz. to gall.), or Bone Meal (3 oz. per sq. yd.).

TO IMPROVE QUALITY use Sulphate of Ammonia (1 oz. per sq. yd. ; ½ oz. to gall.), or Kainit (3 oz. to sq. yd.).

A good all-purpose Fertilizer is 'FLOWERBANK' brand.

N.B.—Kainit and Bone Meal are applied in the Autumn.

KIDDIES' CORNER SOLUTIONS

(See page 52)

THE COMPLETE "ROWS"

1. Sor-row.
2. Fur-row.
3. Har-row.
4. Mor-row.
5. Mar-row.
6. Bur-row.

A RIDDLE

DAVID

(D=500 in Roman Figures)

A MATCH PUZZLE

Leave the matches like this :—

No "Monday morning" feeling for me

You don't catch me short-tempered and irritable in the morning. I take good care not to become "liverish." A dose of Allen's Health Salt first thing keeps my system active, my blood clear and my eyes bright. Just try it. You'll enjoy it, too. There's nothing like Allen's to give you zest for the day's work and make you feel how good it is to be alive. It seems to set the blood tingling through your veins as you drink its bubbling good health. Cultivate the Allen's habit and be fit and free from sluggishness, liverishness and constipation.

6½d.

ALLEN'S HEALTH SALT

11d.

IMPORTANT DATES IN 1935

January 1st—Dog Licences renewable. King's Taxes payable.
January 5th—Dividends on Consols due.
January 6th—Epiphany.
February 14th—St. Valentine's Day.
February 17th—Septuagesima.
March 1st—St. David's Day.
March 3rd—Quinquagesima.
March 5th—Shrove Tuesday (Pancake Day).
March 6th—Ash Wednesday.
March 10th—First Sunday in Lent.
March 17th—St. Patrick's Day.
March 25th—Lady Day (Annunciation).
March 31st—Treasury Financial Year ends.
April 1st—All Fools' Day.
April 5th—Mohammedan New Year's Day (Year 1354).
April 14th—Annual Meetings of Parish Councils (or within 14 days). Summer Time begins. Palm Sunday.
April 18th—Passover (Jewish) begins.
April 19th—Good Friday.
April 21st—Easter Sunday.
April 23rd—St. George's Day.
April 25th—Anzac Day.
April 28th—Low Sunday.
May 1st—May Day.
May 5th—Labour Sunday.
May 6th—Accession of George V., 1910.
May 24th—Empire Day.
May 26th—Rogation Sunday. Birthday of Queen Mary.
May 30th—Ascension Day (Holy Thursday).
May 31st—Union Day (South Africa).
June 3rd—Birthday of King George.
June 9th—Whit Sunday.
June 16th—Trinity Sunday.
June 20th—Corpus Christi.
June 22nd—Coronation Day.
June 23rd—Prince of Wales' Birthday.
June 24th—Midsummer Day.
July 1st—Dominion Day (Canada).
July 5th—Dividends due.
August 5th—August Bank Holiday.
September 28th—Jewish New Year's Day.
September 29th—Michaelmas Day.
October 6th—Summer Time ends.
October 7th—Jewish Day of Atonement (Yom Kippur).
October 12th—Feast of Tabernacles (Jewish).
November 1st—Ordinary Election Day for Borough Councils.
November 27th—First Day of Ramadan (Mohammedan).
November 30th—St. Andrew's Day.
December 1st—First Sunday in Advent.
December 21st—St. Thomas' Day.
December 25th—Christmas Day.
December 26th—Boxing Day.

ECLIPSES OF THE SUN

Partial: January 5th, February 3rd, June 30th, July 30th.
Annular: December 25th.

ECLIPSES OF THE MOON

Total: January 19th, July 16th.

BUCHAN'S COLD PERIODS

1st—February 7th to 10th.
2nd—April 11th to 14th.
3rd—May 9th to 14th.
4th—June 29th to July 4th.
5th—August 6th to 11th.
6th—November 6th to 12th.

BUCHAN'S WARM PERIODS

1st—July 12th to 15th.
2nd—August 12th to 15th.
3rd—December 3rd to 9th.

BE SURE TO REMEMBER THIS DATE:

FEBRUARY 25th

Last day on which entries can be accepted for Prize Competition, Page 32

You won't have a Cold in the Head if you've

OZOPINE

on your Handkerchief

Ozopine is a fragrant liquid that volatilises on your handkerchief or pillow, forming a penetrating vapour that protects the nasal passages and destroys germs. Ozopine is pleasant to use and should be inhaled freely as a safeguard against infection.

BOTTLES 1/- and 1/9

An Extra Safeguard : **OZOPINE** PAPER HANDKERCHIEFS Packets 6d.

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For 'Flu, Feverishness, Cold-in-the-Head, etc.

Midgley's
ANTIGRIPPE

Acts with swift and certain effect

BOTTLES 1/3, 2/6 and 4/6

Make sure it is Midgley's

Made and Printed for the Publishers by Joseph Wones Ltd., Walsall Street, West Bromwich.